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DEFENSIVE PHILOSOPHY

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BUCCANEER DEFENSIVE TEAM PHILOSOPHY

1. Mental Preparation: Concentrate and prepare each day during the week. Concentrate both in the meetings, walk thru, and on the field. The better you know your assignments during the week, the better you will play on game day. Many times teams beat themselves with mental mistakes not because the other team had the right play called.

2. Fundamentally Sound: Football is a game of individual techniques. Each position – Defensive Line, Line Backers and Secondary must execute for the defense to work. You must work and concentrate on your techniques every day.

3. Be a Physical Defense: Playing defense allows you the opportunity to be physical. This is what defense is all about and you can become known as a physical defense. It is a mindset but it must be a total team effort. A physical defense is one that is flying to the football and the opponent is going backward not falling forward. **Note**: Football is a Contact Sport.

4. Hustle: You can not beat it. You can not be a physical defense if you do not hustle. Hustle is as old fashion as it gets but is still what it is all about. Offensive and Defensive schemes change from time to time but one thing that has not changed and never will change is hustling to the ball.

5. Quickness: The quicker the defense, the harder it is for the offensive team to score. It only makes sense if your defense has overall team quickness the better the opportunity to swarm and gang tackle. The best of both worlds is size and quickness but if something has to give, take the quickness. What is more important than size is strength and that is why your weight program is important.

6. Consistency: Do not be up and down. Be consistent day in and day out and week out. Be a player that your teammates and coaches can count on.

7. Physical Toughness: Fight through the bumps and bruises. If you can be on the practice field, be there. Know the difference between pain and injury.

8. Be Disciplined: Take pride in paying attention to detail. Without a doubt, little things make the difference in the execution of the defense. The big things will take care of themselves but the little things are the ones individually you must concentrate on. The success of the defense called is dependent on each player playing his technique and if you breakdown, the whole defense can break down.

9. Gang Tackling: Eleven guys getting to the ball. Nothing is more discouraging to an offensive back or receiver knowing he is going to get machine gunned by the Buccaneer defense.

10. Team Unity: Play as a team. Be un-selfish and put the team first. Everyone does not have to be buddy-buddy but appreciate and respect your teammate. No one can play perfect and realize that any of us can make an honest mistake. Do not be afraid to admit if you messed up because if you are a good player you will make up for it eventually.
    Be positive – not negative. Football is fun when everyone is working together.

DEFENSIVE OBJECTIVES

1. Turnovers: Sometimes the offense will turn it over and other times you as a defense can force the turn over. Pursuit and gang tackling will cause fumbles. Pressure up front and reading the QB in your zones will lead to interceptions.

2. Win 1st Down Run: (3 yards or less) Force 2nd & long so you can get into your Go's and Greens for rush and your 7 man fronts. When you win 1st down, your odds go up to force the 3rd & long which is the key on defense.

3. Get off on 3rd Down: Every time you win on 3rd down, you automatically have picked up 6 snaps on your opponent and maybe more. It for sure is 3 less snaps for them because they are off the field and it just gave our offense 3 more snaps because we are on the field.

4. Don't give up the Big Play: Make them earn it. Sometimes, they will stop themselves if you do not give them the cheap one.

5. Eliminate Foolish Penalties: No excuse for foolish penalties. Foolish offsides, late hit out-of-bounds, taking a swing, etc. There will be enough bad judgement calls as it is, that we cannot afford penalties that we actually can control.

6. Score on Defense: Whenever we intercept a pass, yell "Oskie" and think score. Everyone go immediately to near sideline and get a block. Your block can make the difference.

7. Sudden Change: Have pride in sudden change. Our offense certainly did not turn it over because they wanted to, just like we did not let a team score on us because we did not care. Take the field with a positive attitude with everyone pulling together.

8. Stop the Run & Don't Give Up the Big Play: You do this & the odds of you winning go up tremendously.

DEFENSIVE SCHEME PHILOSPHY

1. Basic 4-3 alignment. 4 down linemen Over & Under.
2. Gap Control – 1 Gap Football.
3. Defensive line coming off the line in an attack mode. Stepping first and reading on the run.
4. Basic 4 Man Front with Front, LB's and Secondary coordinated. Will refer to as Strong Roll or Weak Roll. Ex: Un-3 – Strong Roll; Un-China – Weak Roll.
5. Mix of Zone, man, and combination Zone. Change up by the Secondary in Zones and man concept. Cloud, Cathy, Bump, Off, etc.
6. Enough change up in defensive package so as not to be predictable but not to the extent that it cannot be learned or executed by the defense.

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OFFENSIVE TERMINOLOGY

OFFENSIVE IDENTIFICATION

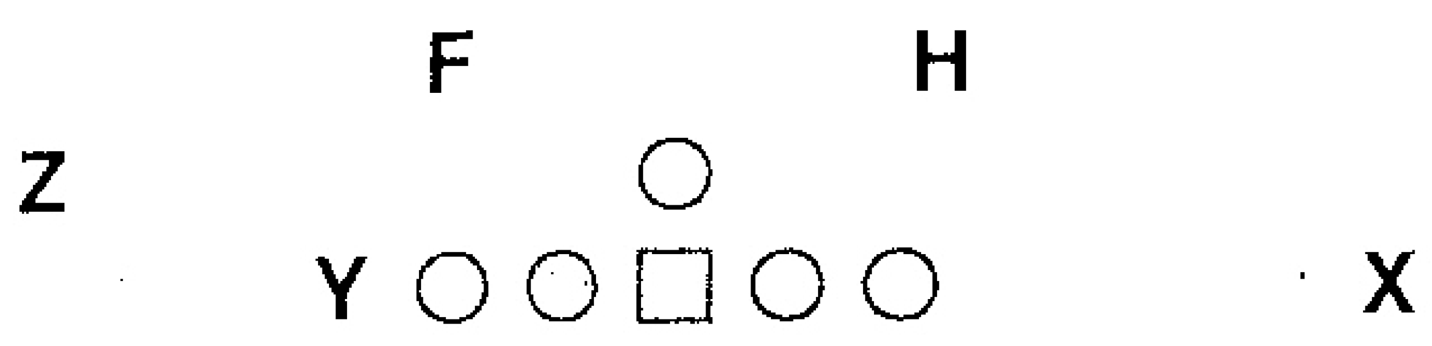
A. PERSONNEL GROUPINGS:

1. REGULAR.............. 1 TE, 2RB, 2 WR
2. ACE........................ 2 TE, 1 RB, 2 WR
3. DEUCE................... 2 TE, 2 RB, 1 WR
4. DIAMOND.............. 1 TE, 1 RB, 3WR
5. OPAL...................... 0 TE, 2 RB, 3WR
6. FLUSH.................... 0 TE, 1 RB, 4WR
7. TREY....................... 3 TE, 1 RB, 1WR
8. JUMBO.................... 3 TE, 2 RB, 0WR
9. ROYAL.................... 0 TE, 0RB, 5WR
10. STRAIGHT.............. 1 TE, 0 RB, 4WR
11. CLUB .... 2 TE, 3 RB, 0WR

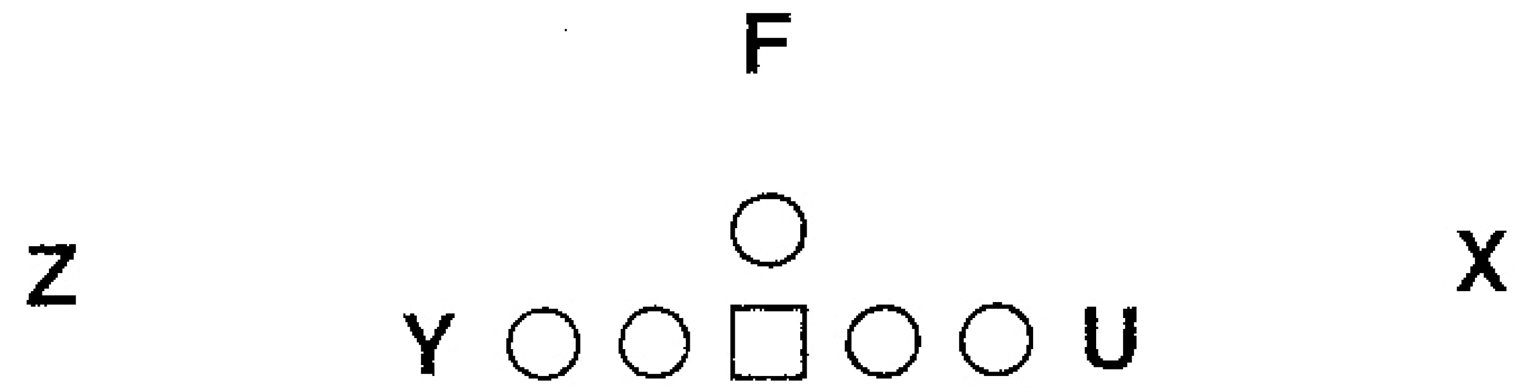
B. OFFENSIVE PLAYER IDENTIFICATIONS:

1. Q.............. QUARTERBACK
2. H.............. HALFBACK
3. F.............. FULLBACK
4. Z.............. FLANKER
5. X.............. SPLIT END
6. Y.............. TIGHT END
7. W.............. 3RD WIDE RECEIVER
8. V.............. 4TH WIDE RECEIVER
9. U.............. 2ND TIGHT END
10. M.............. 3RD TIGHT END
11. R............ 5TH WIDE RECEIVER
12. B............ 3RD RUNNING BACK

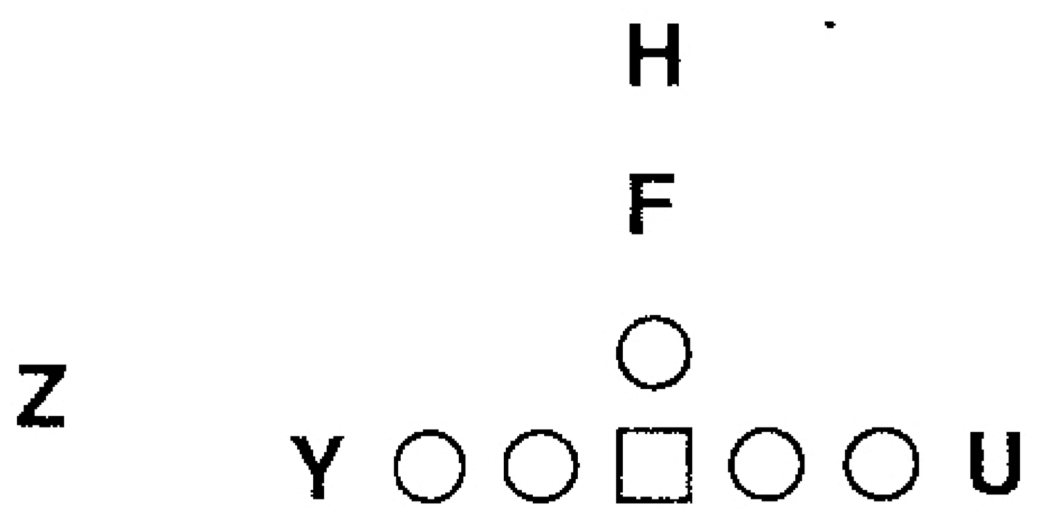
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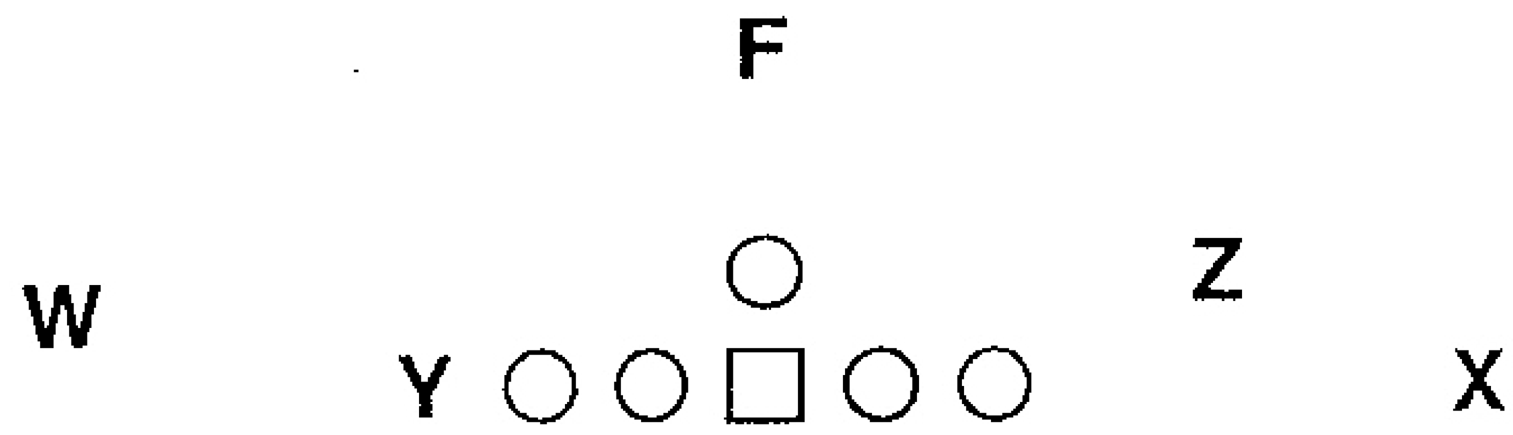
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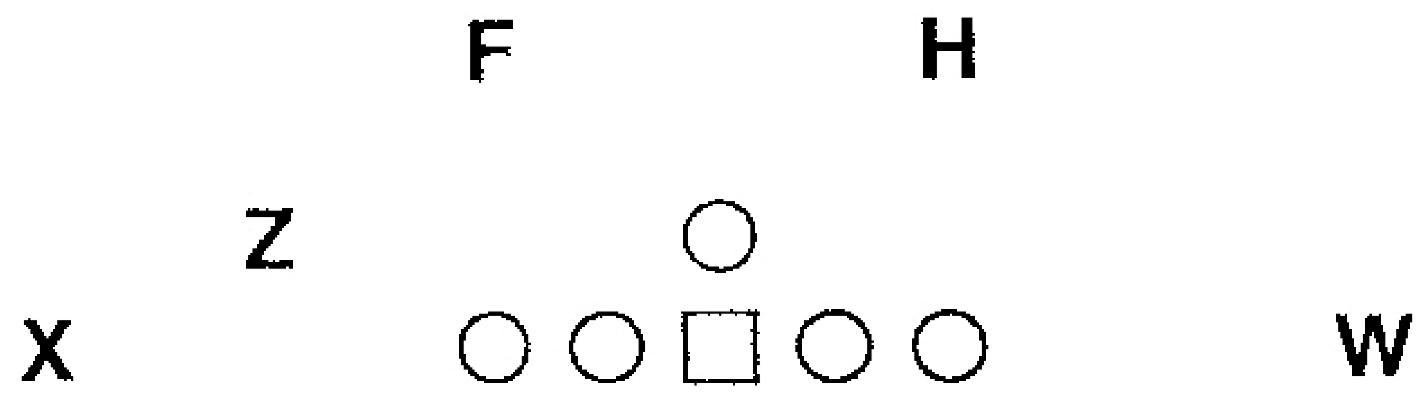
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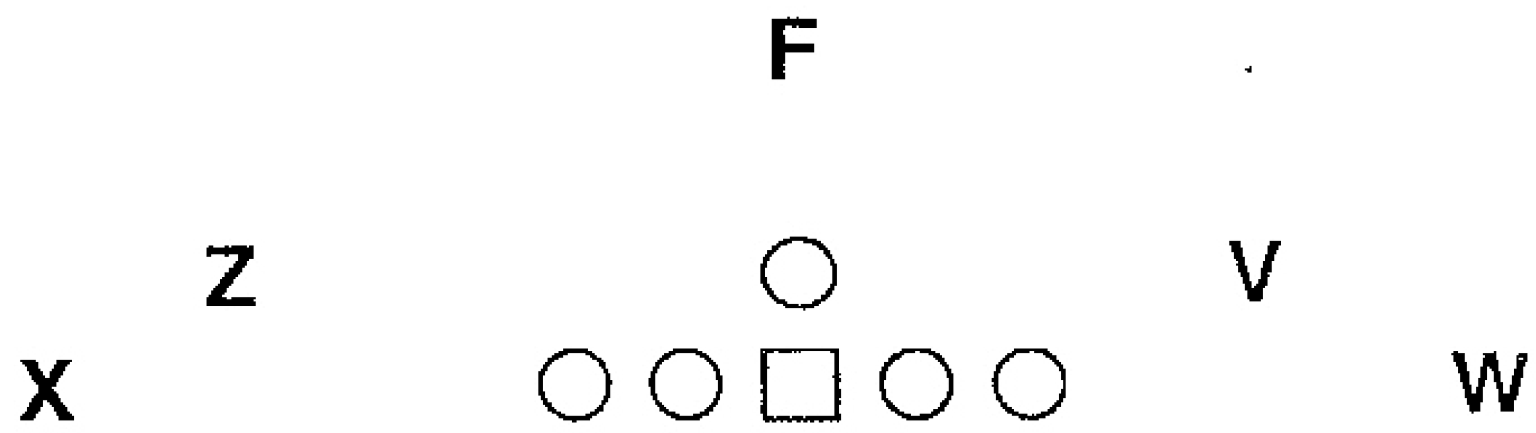
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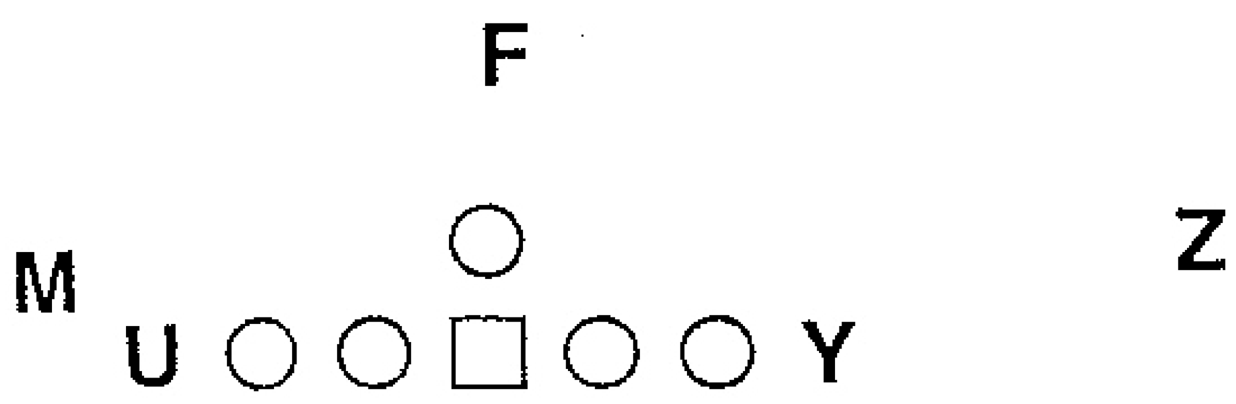
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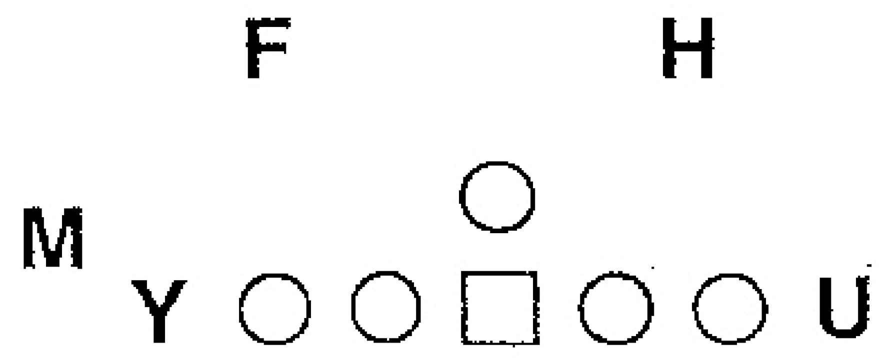
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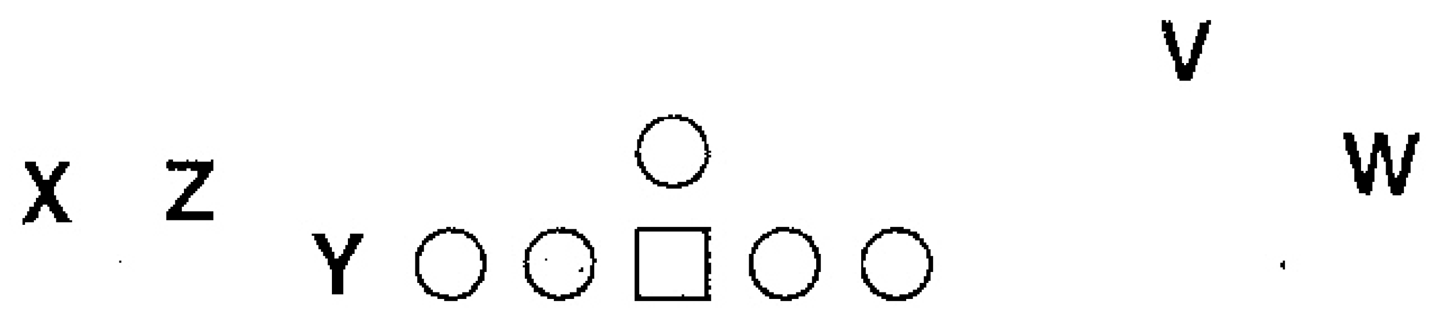


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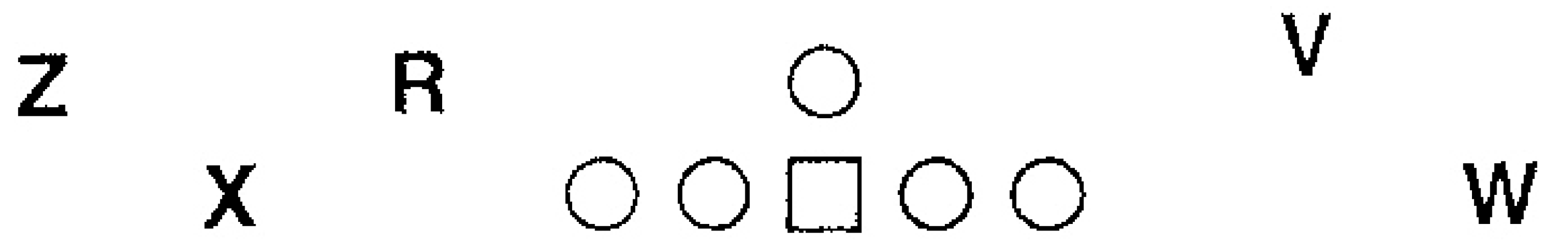


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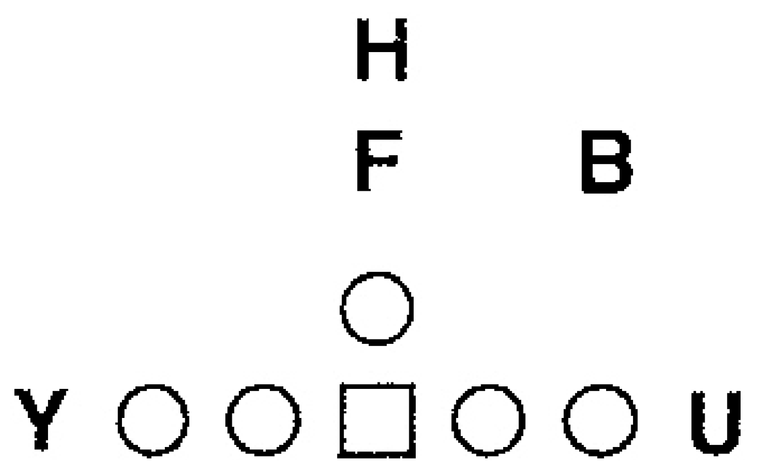
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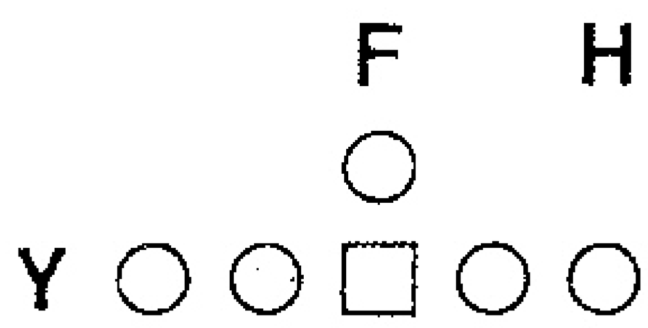


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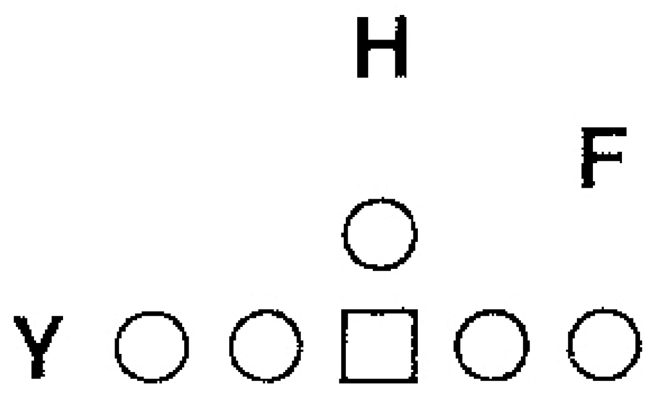


CLUB= 2 TE'S 3 RB'S

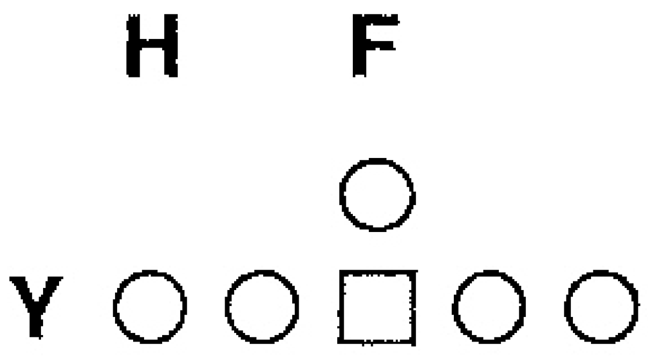
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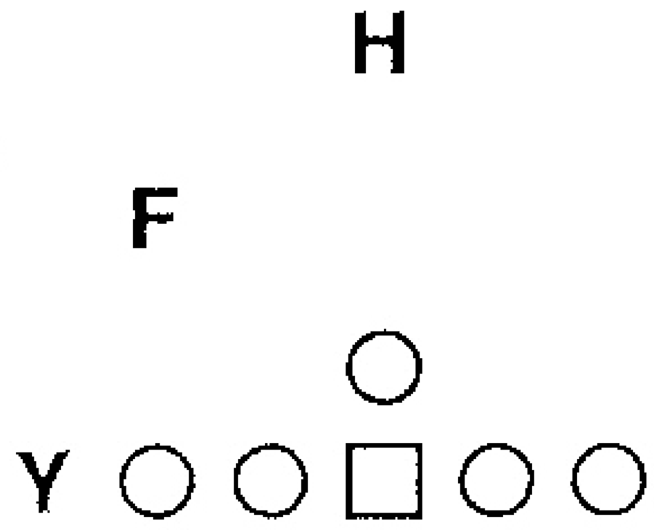
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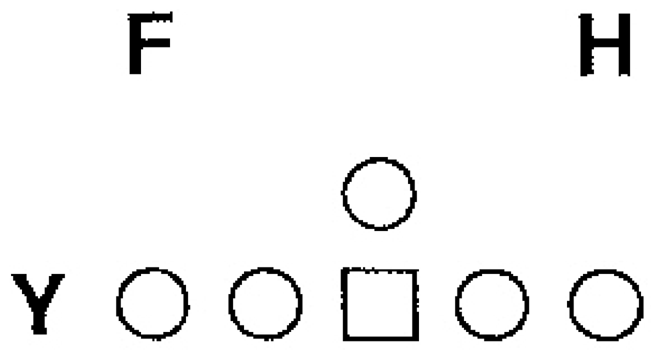
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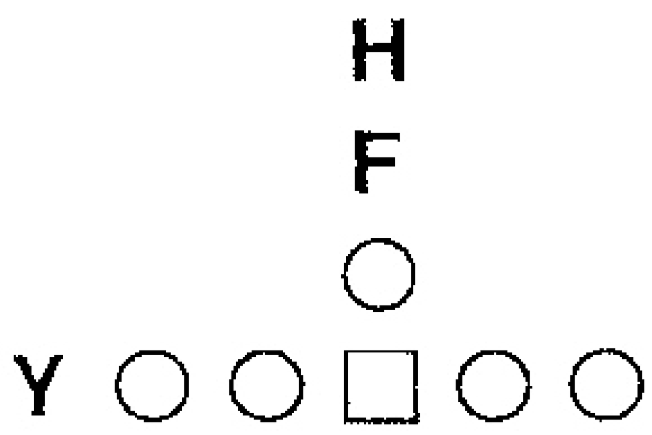
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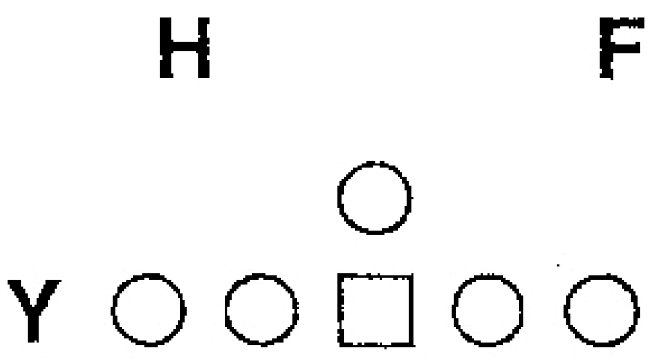
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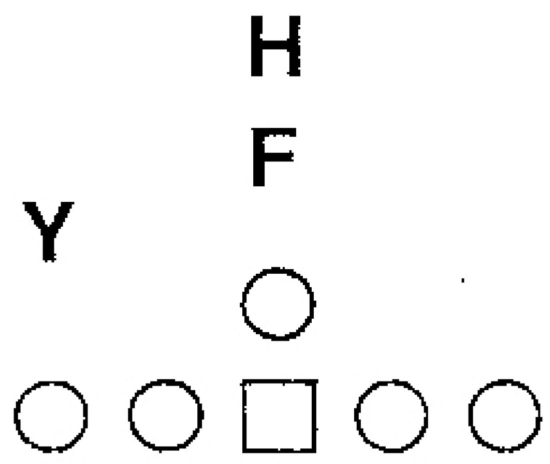
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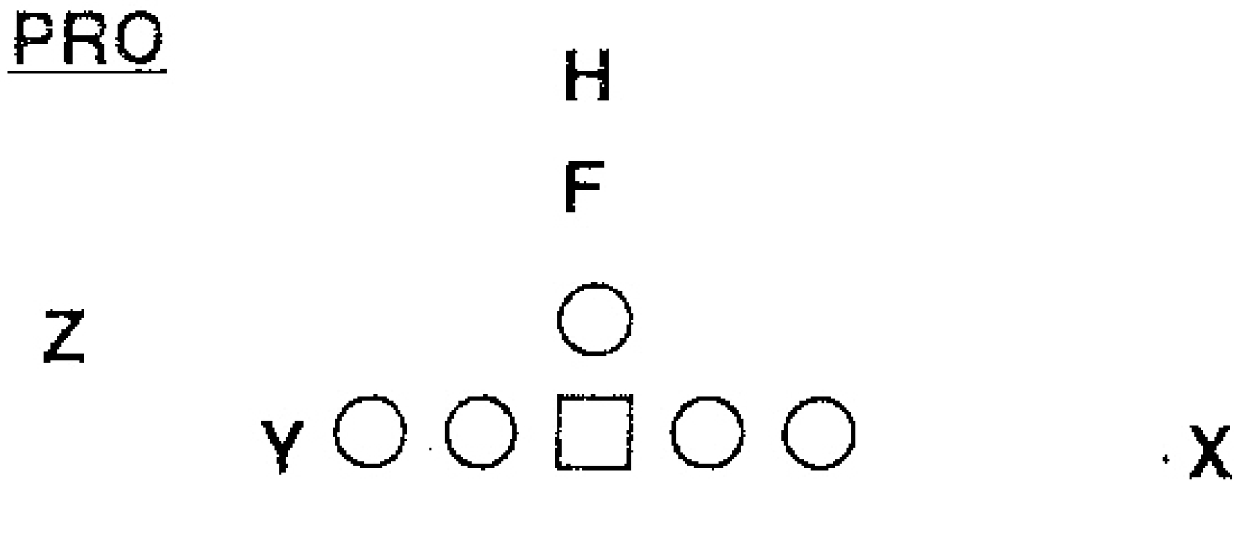


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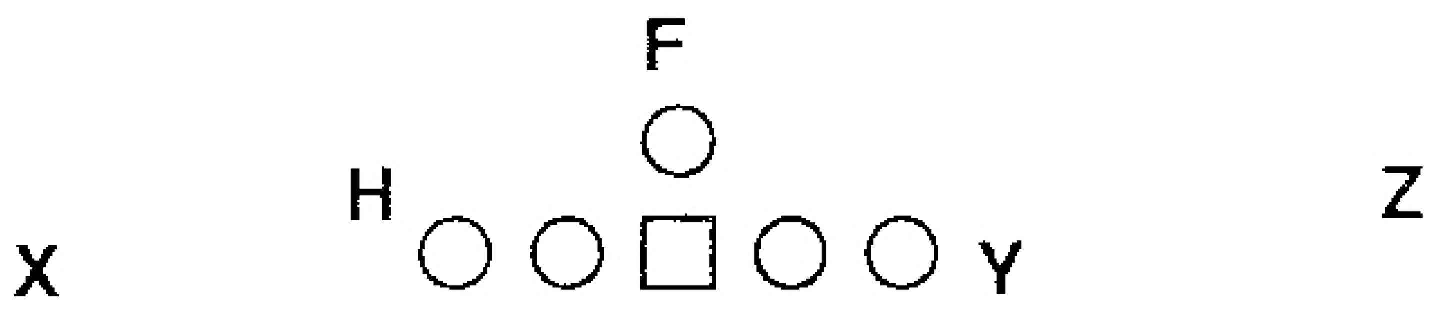


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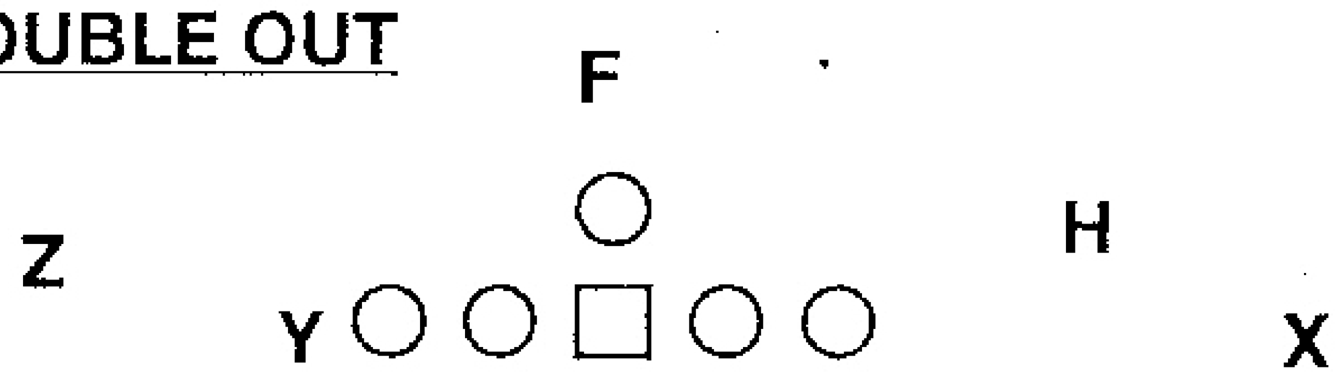
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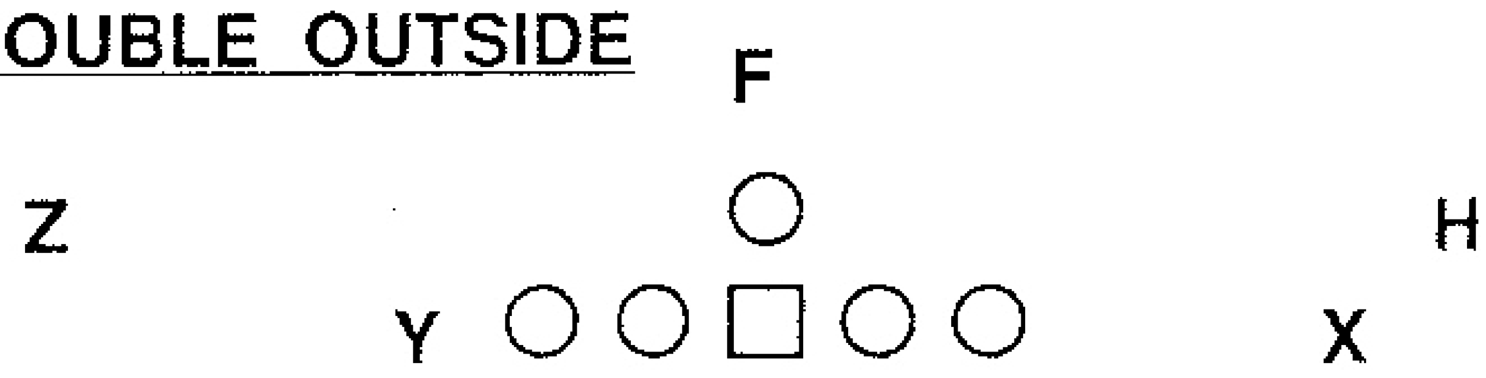
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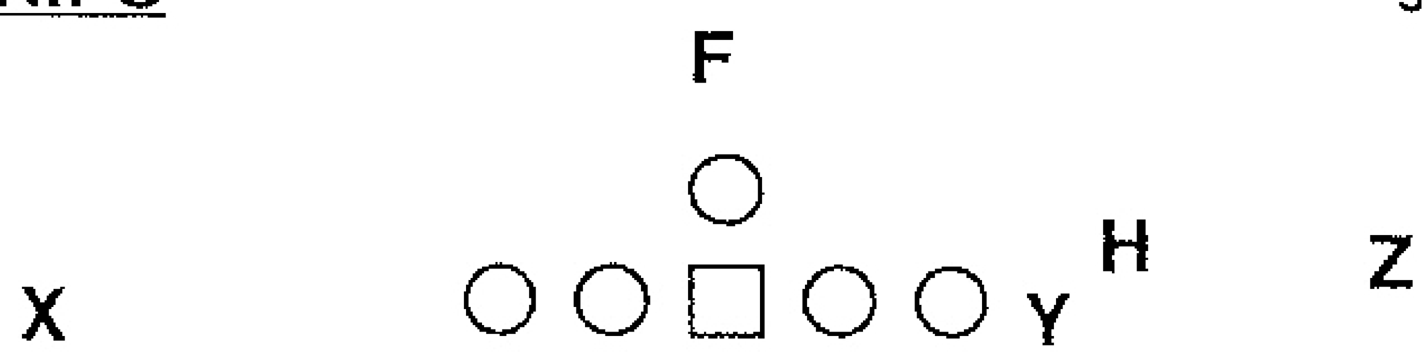
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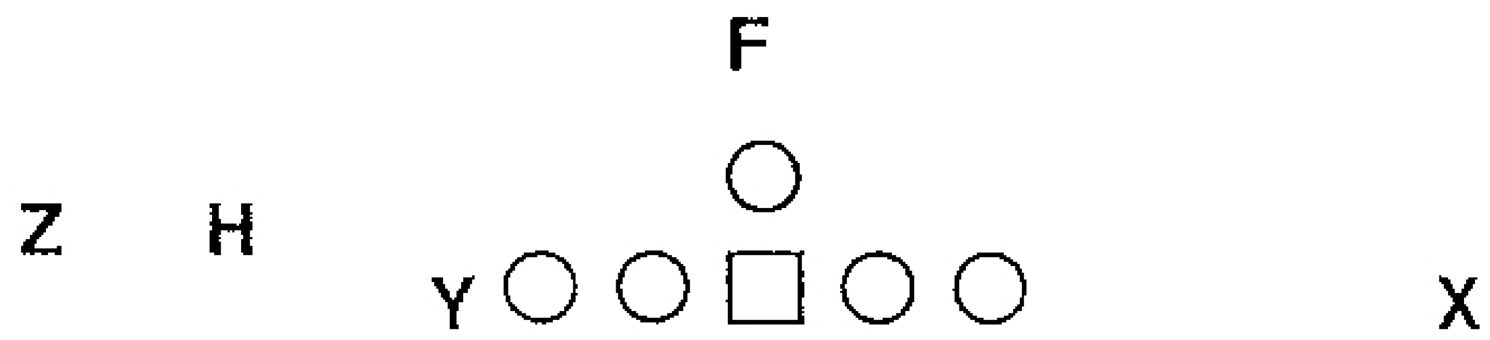
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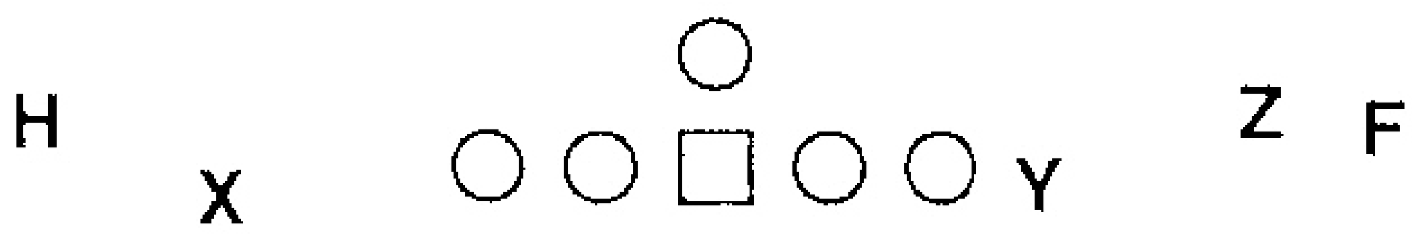
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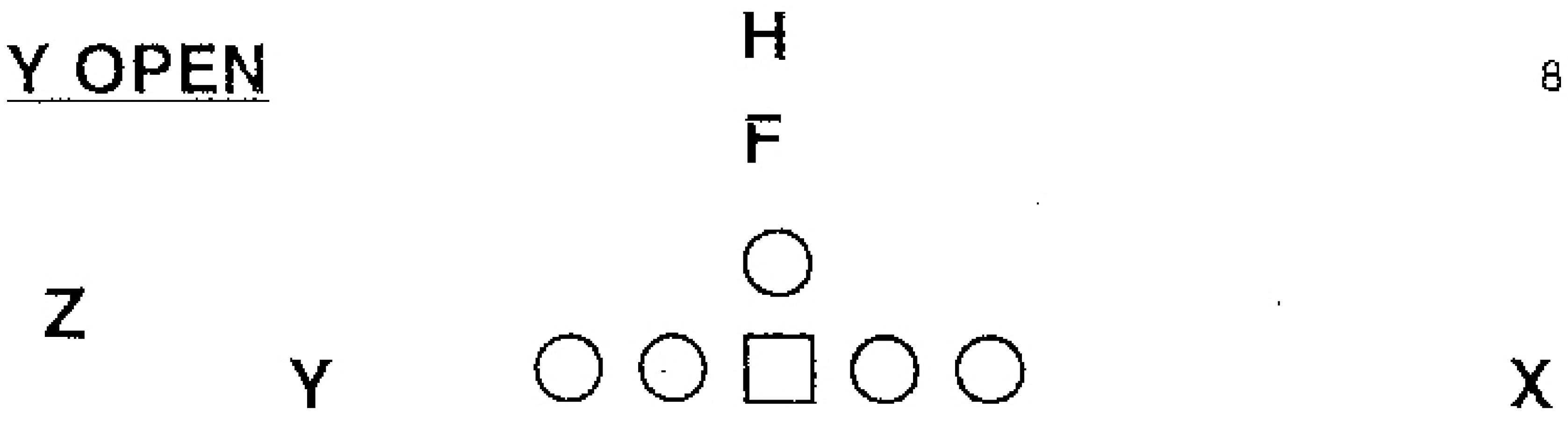
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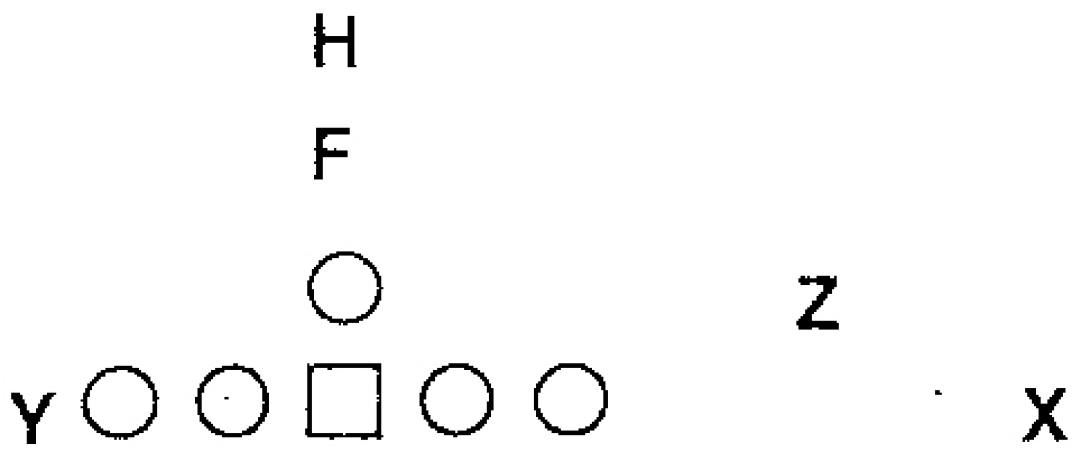
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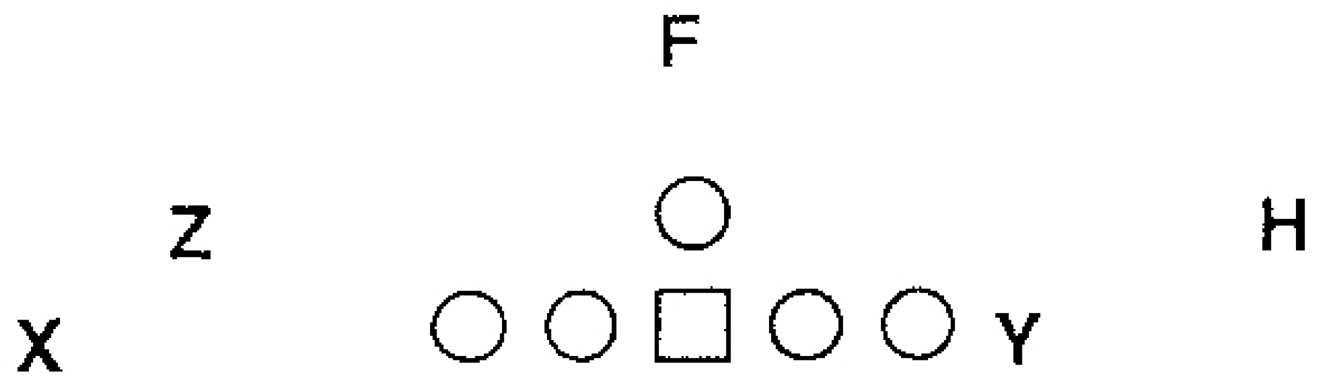
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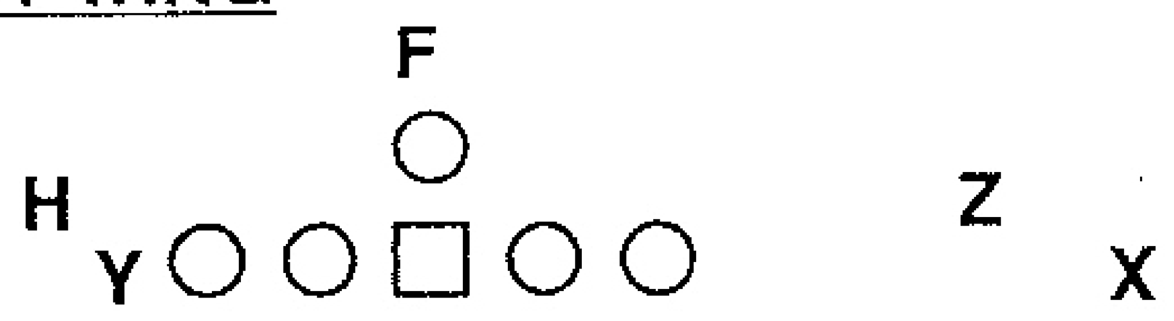
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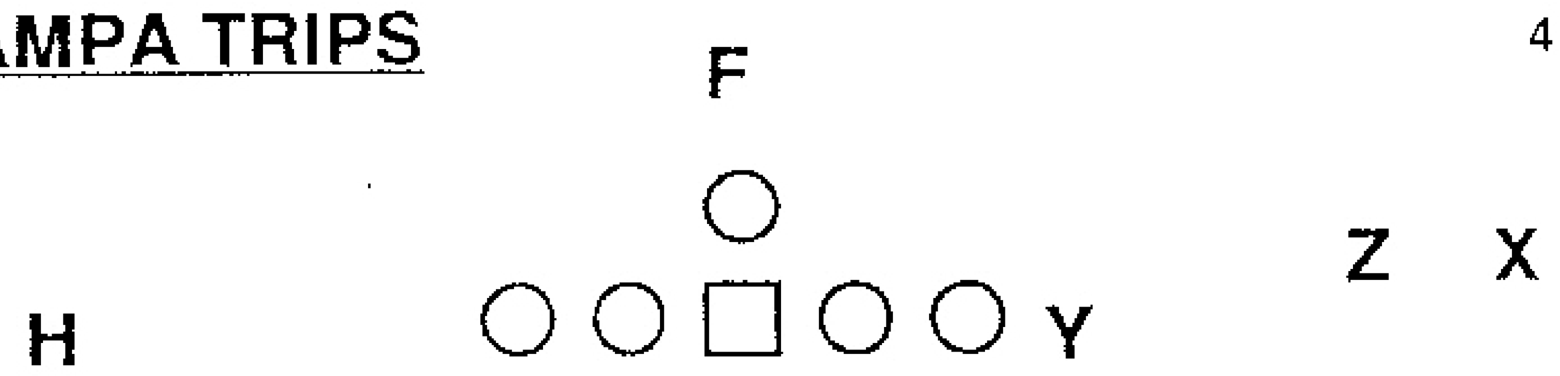
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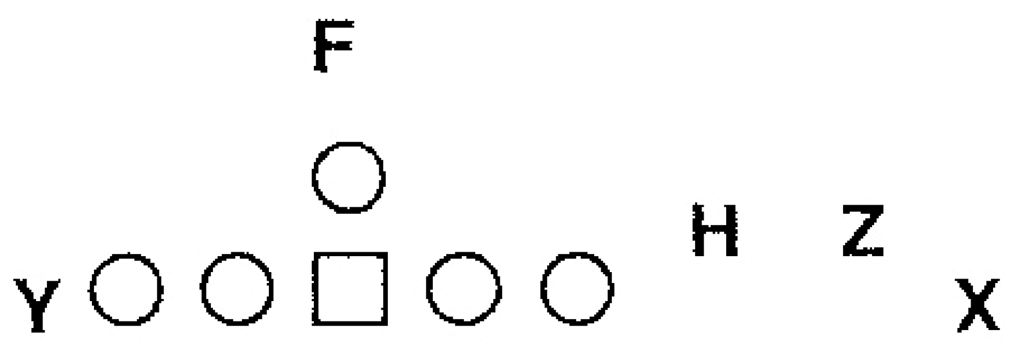
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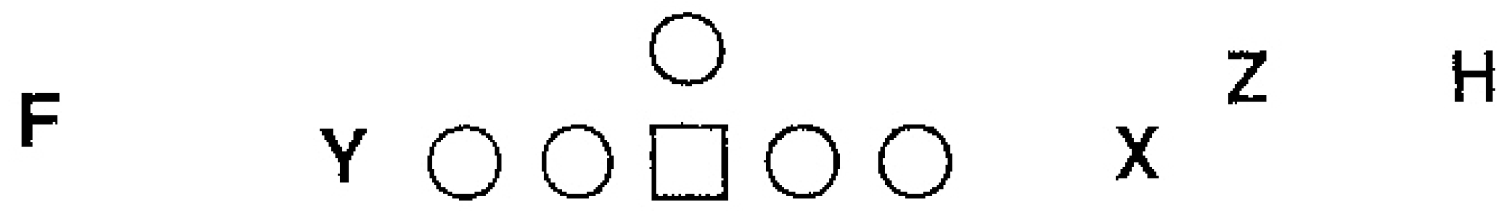
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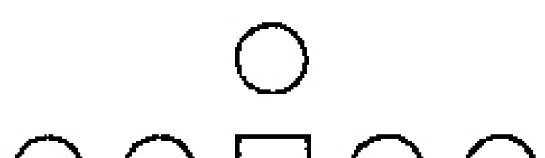
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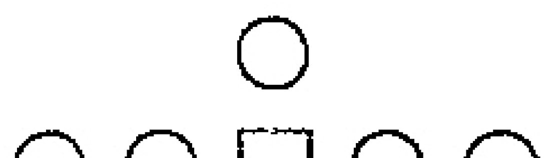
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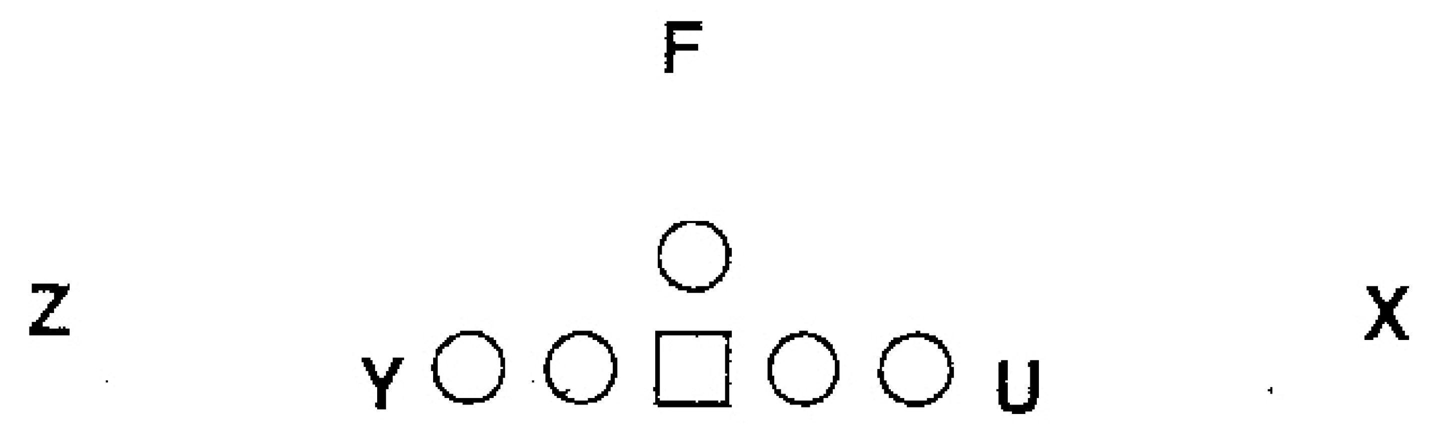


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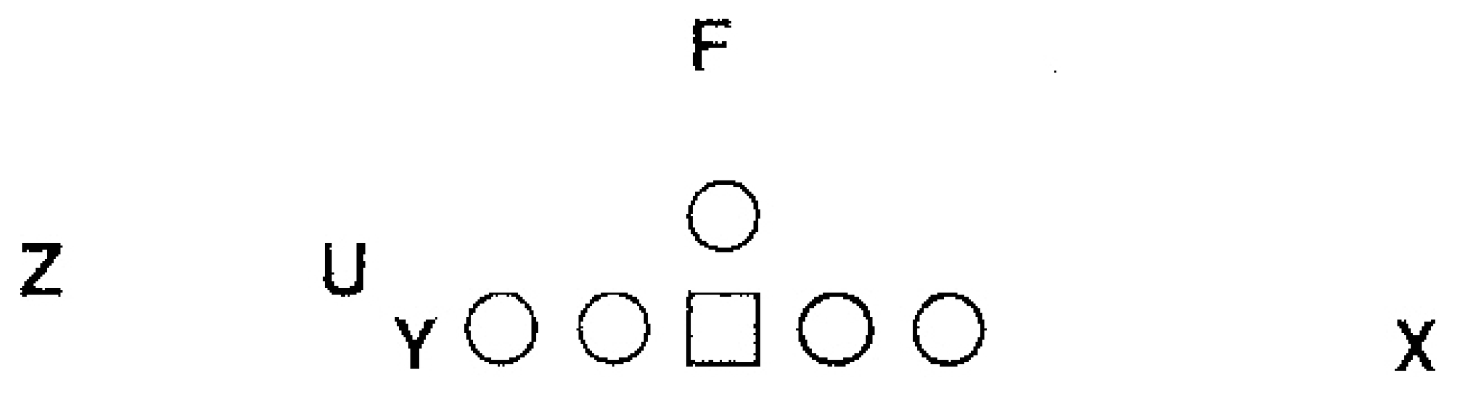


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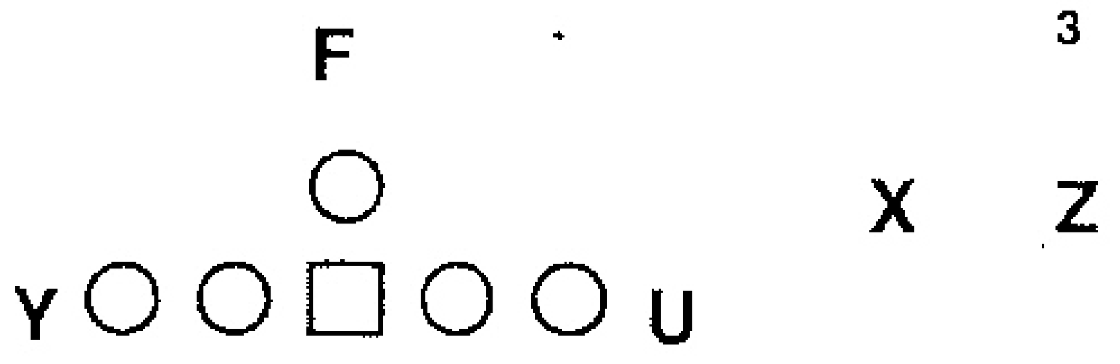
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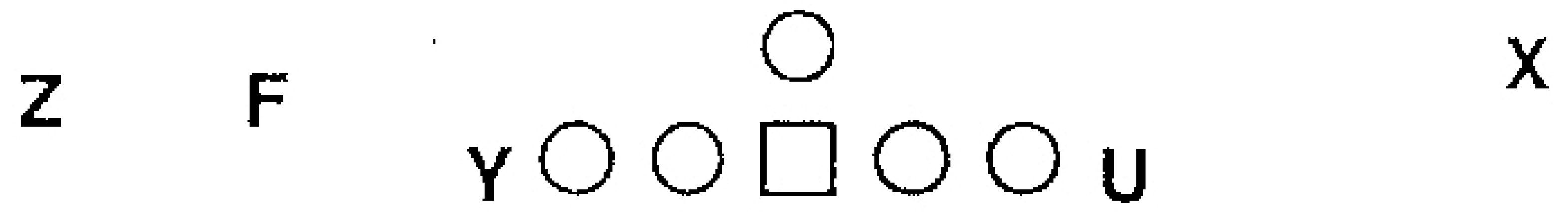
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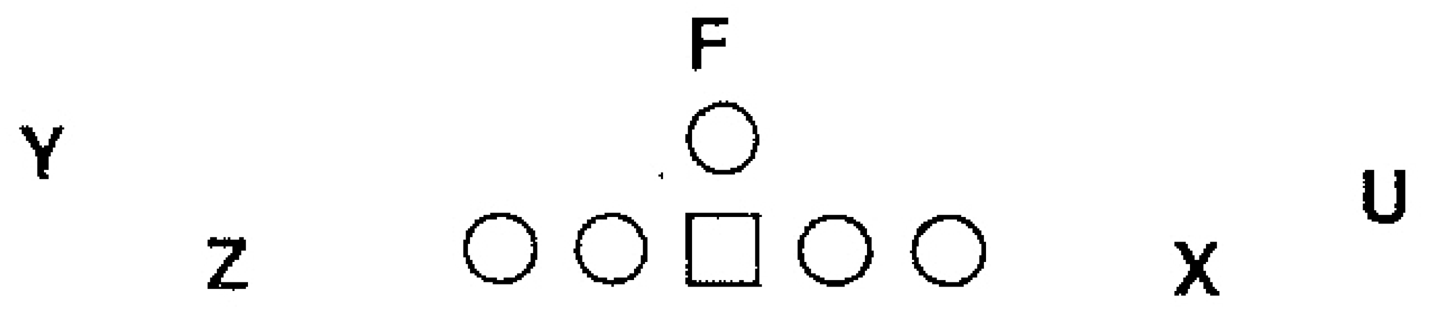
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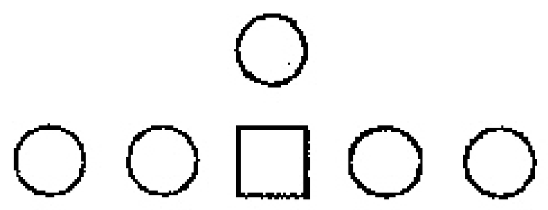
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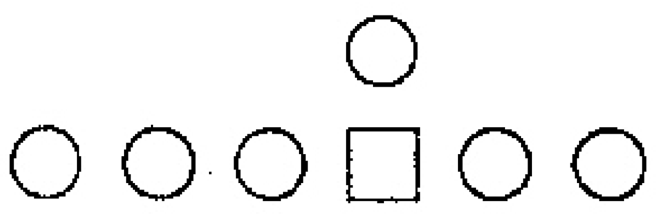
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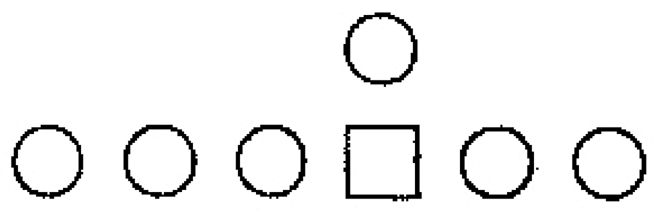
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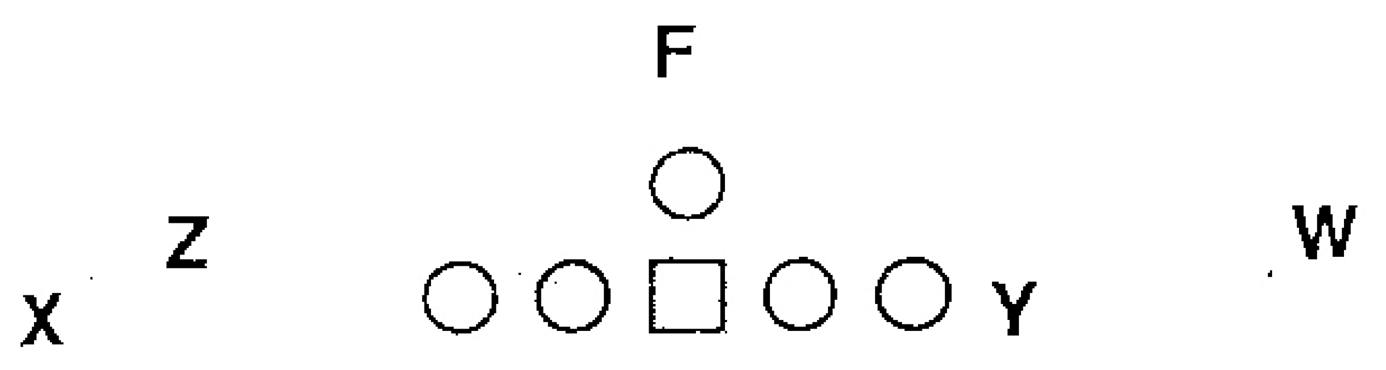


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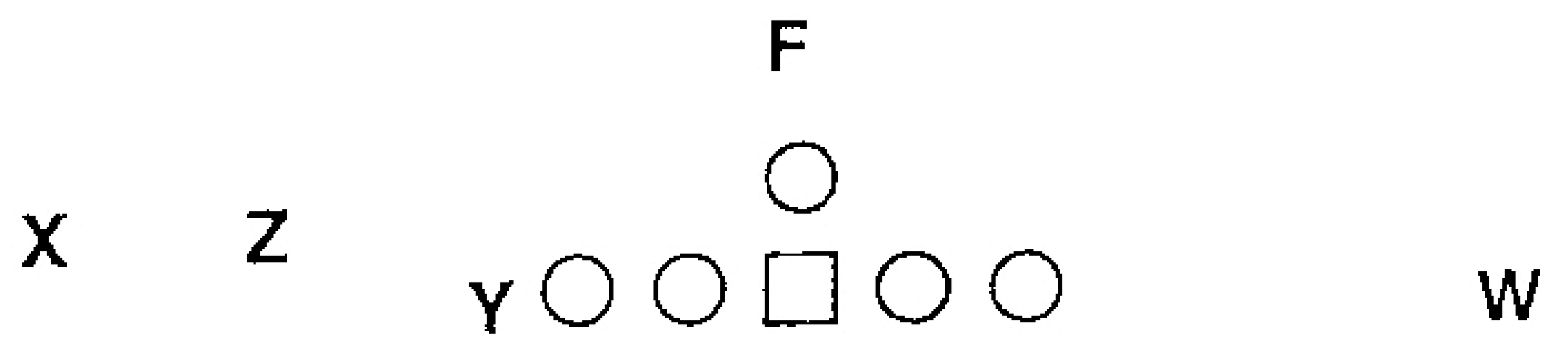


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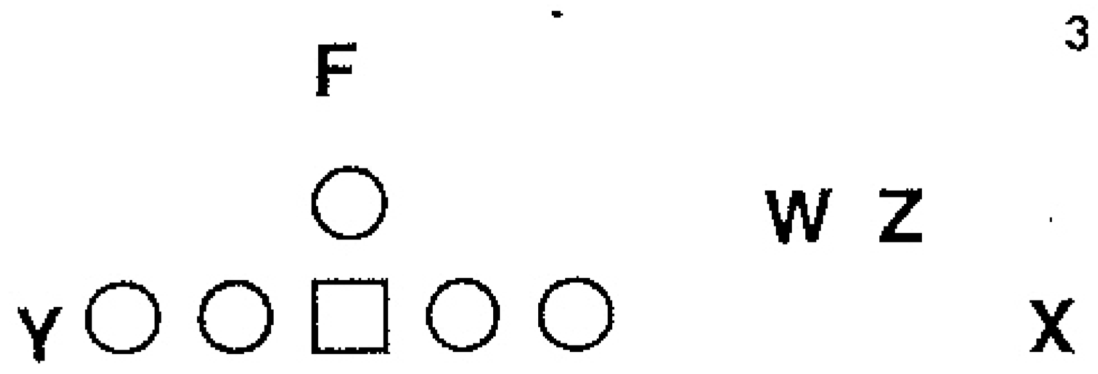
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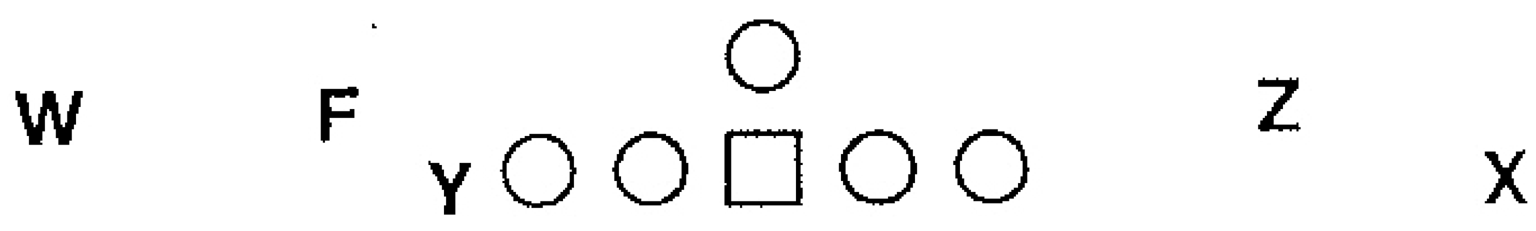
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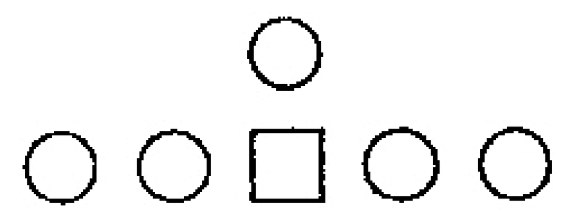
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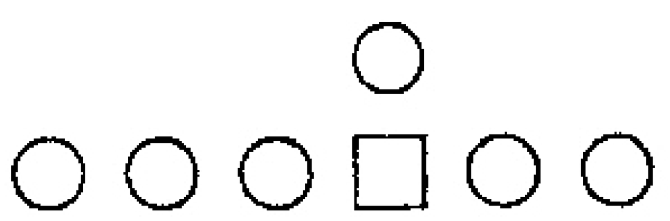
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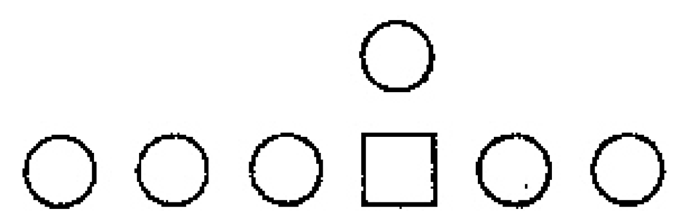
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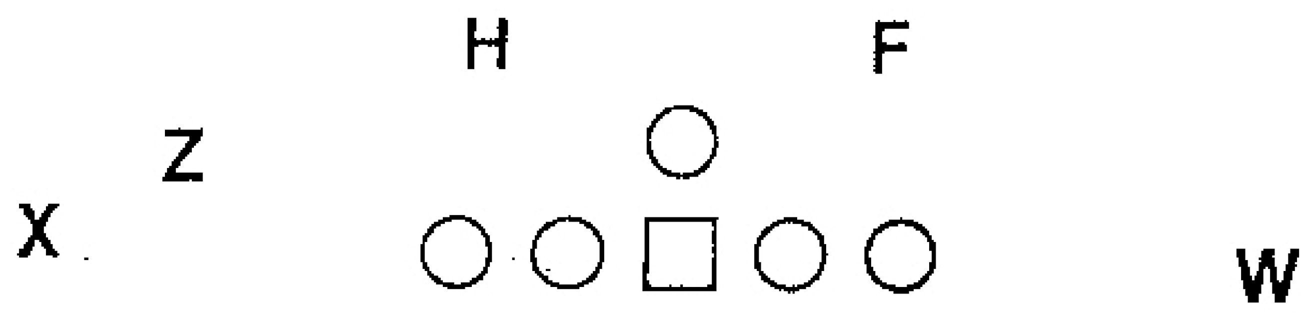
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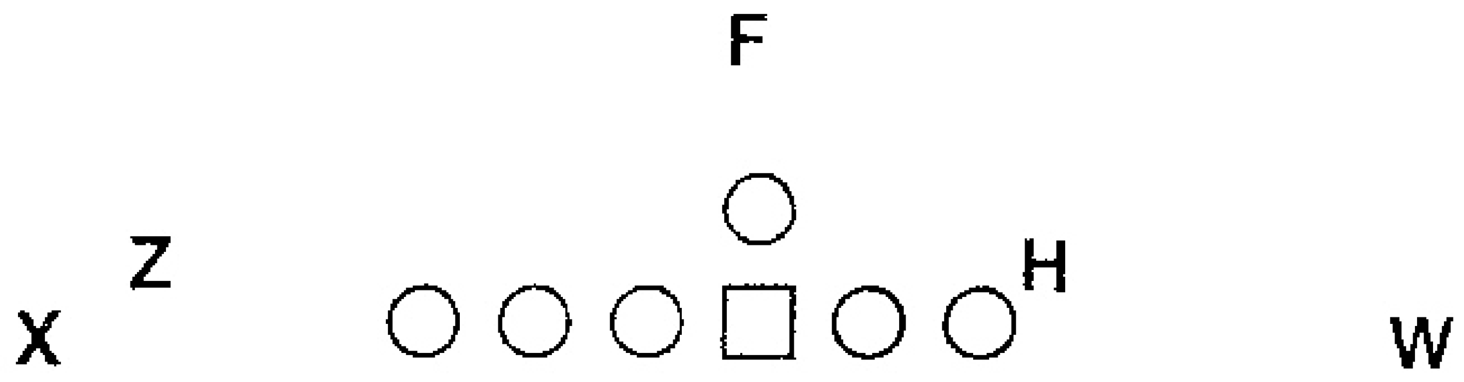
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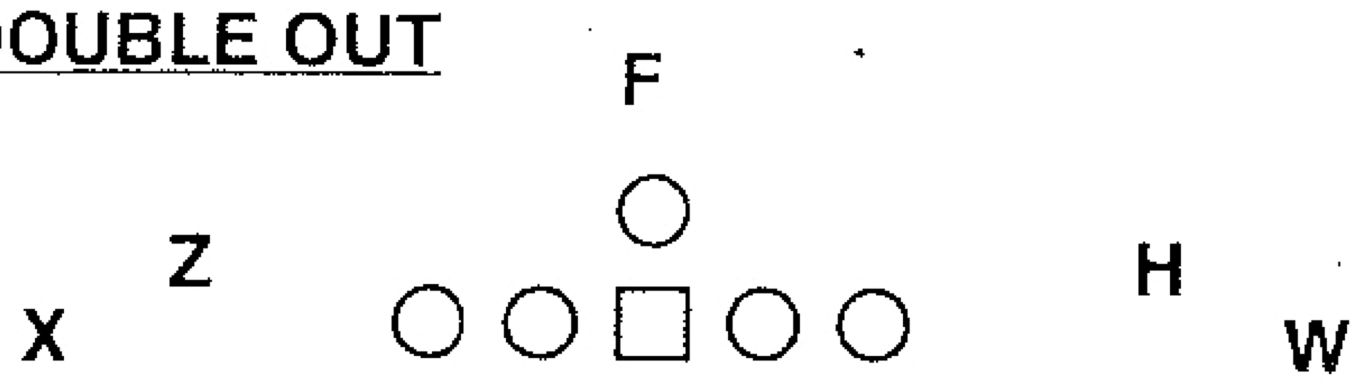
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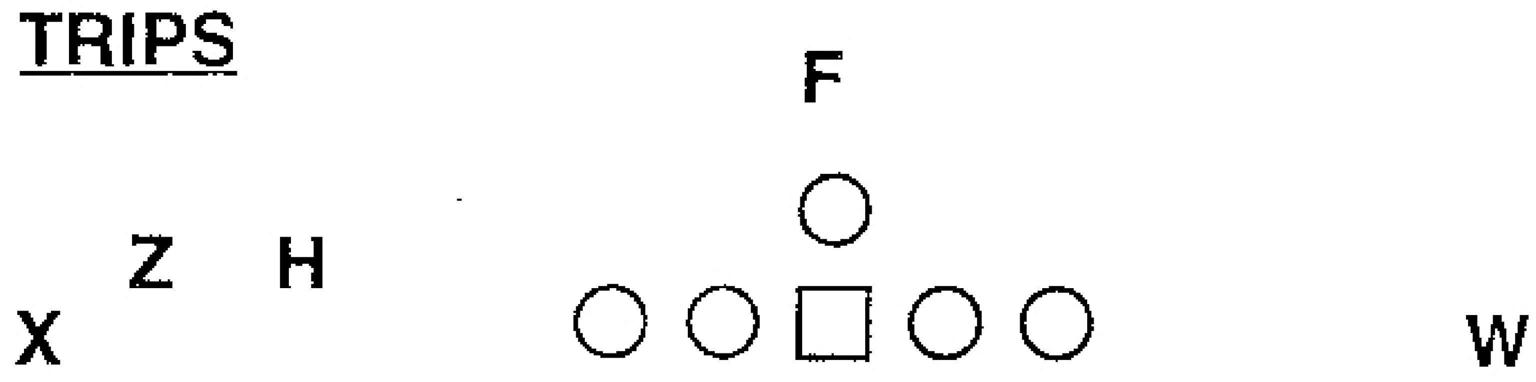
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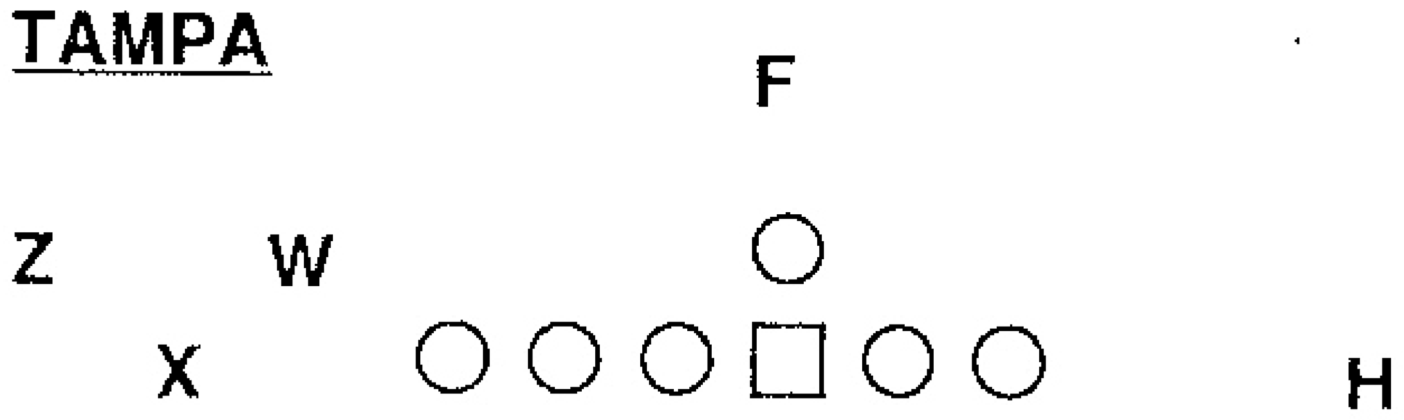
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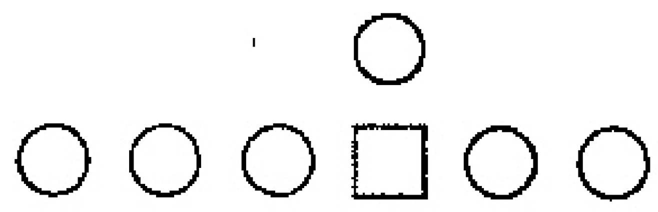


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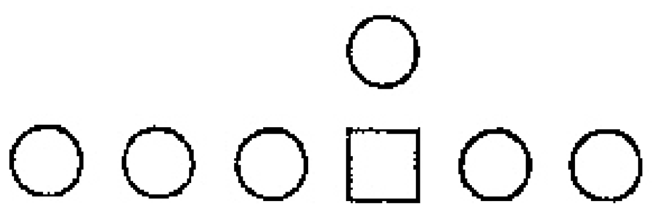
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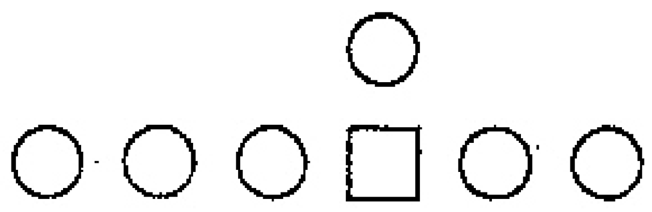
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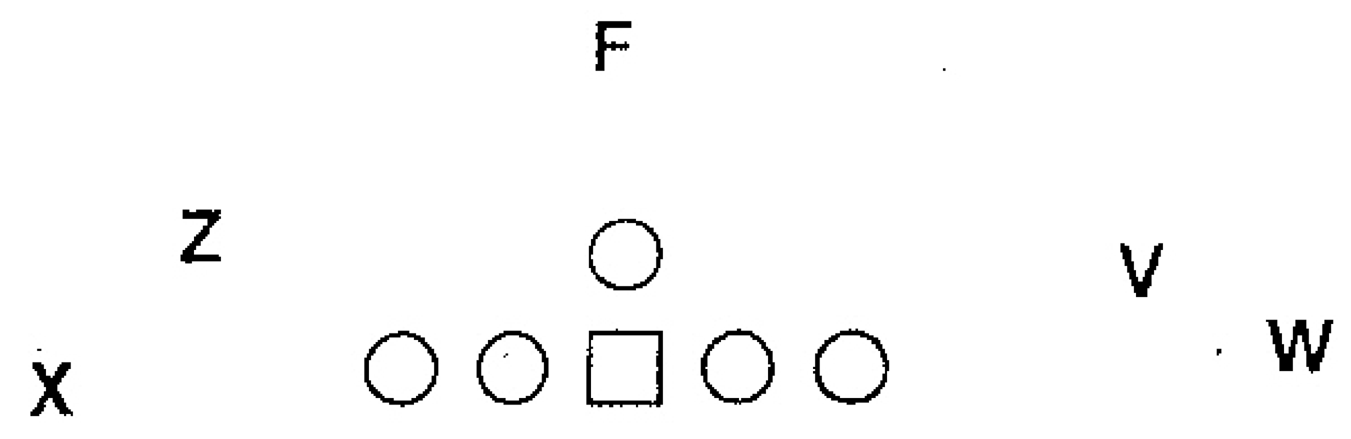
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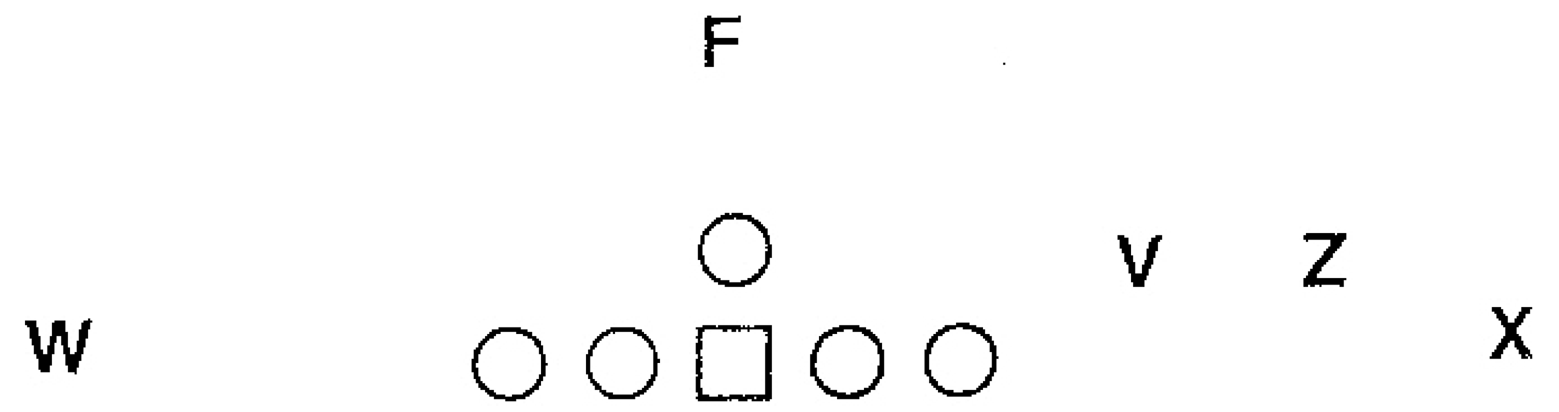
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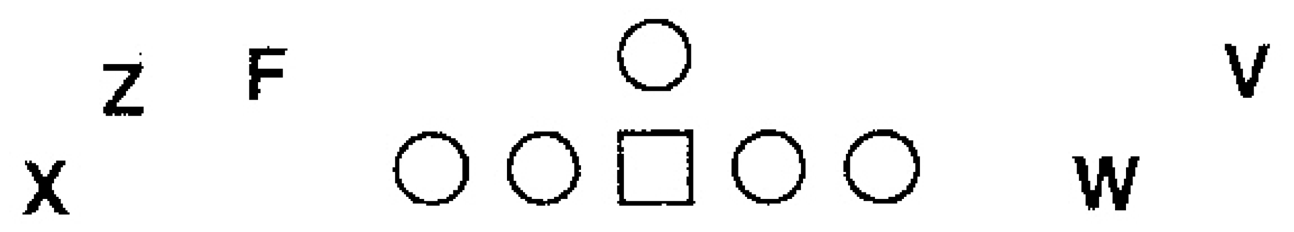
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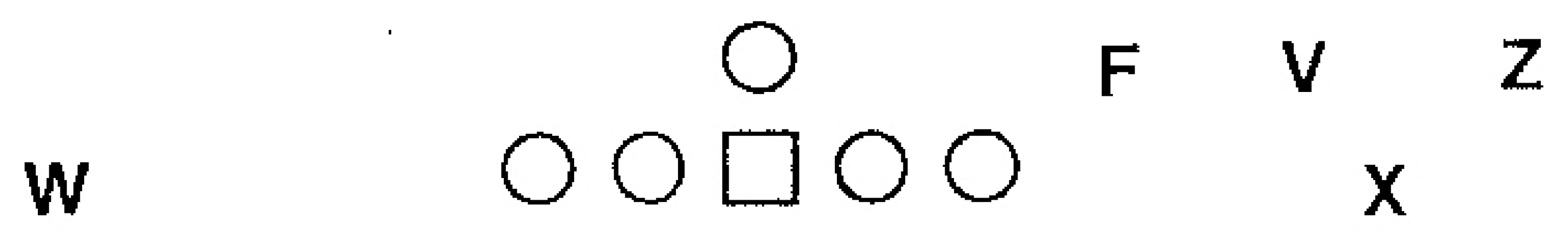
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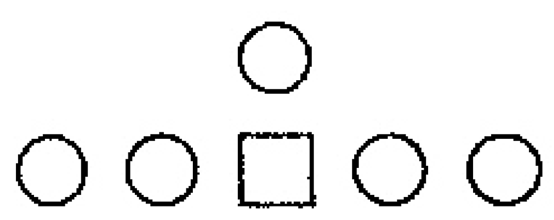


EMPTY QUAD

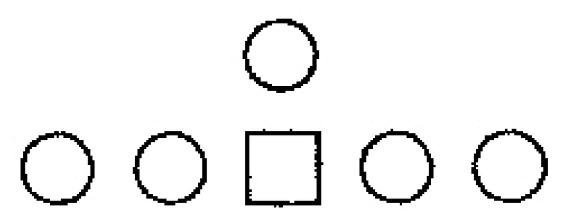
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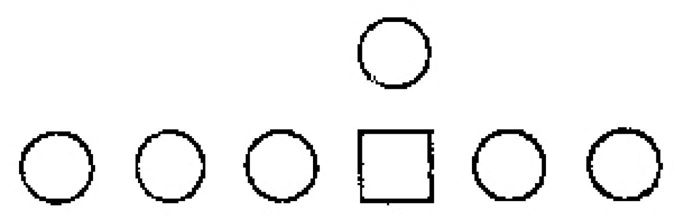
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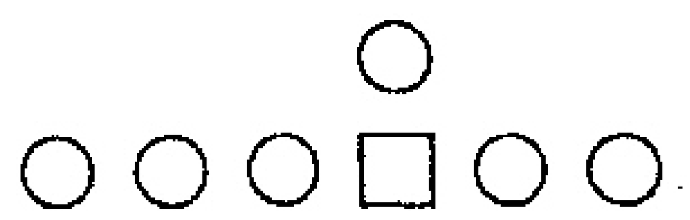
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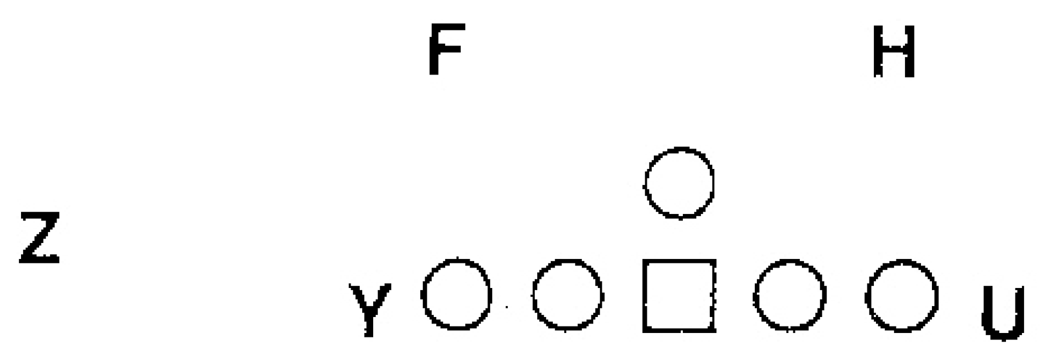
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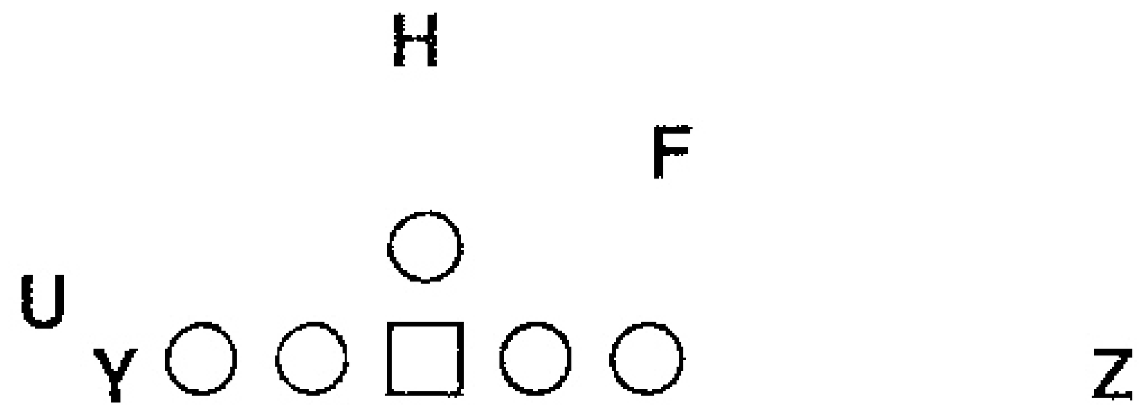
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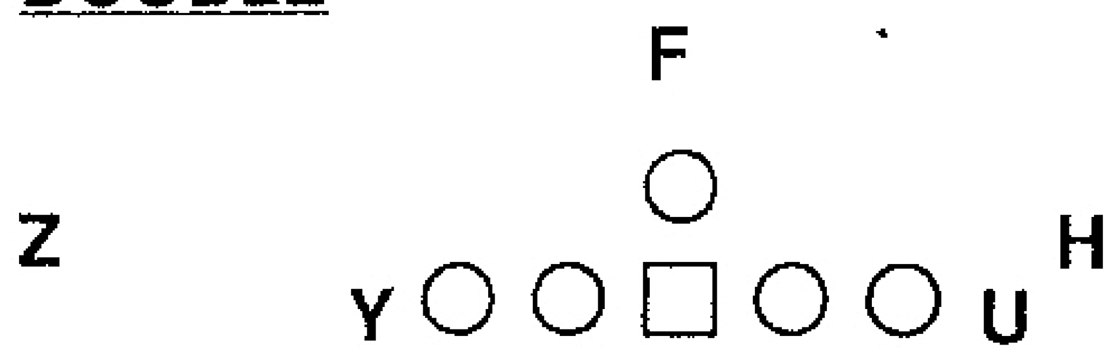
DEUCE
1



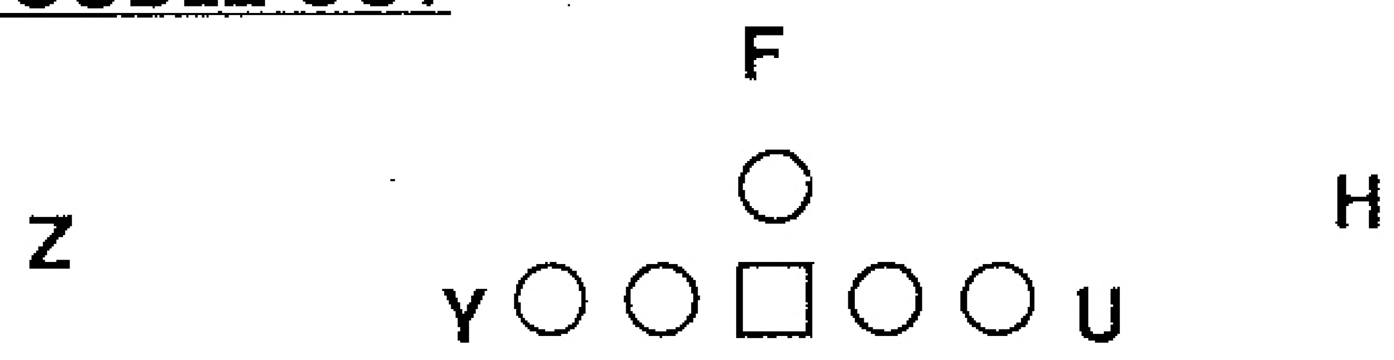
WING OPEN
2



DOUBLE
3



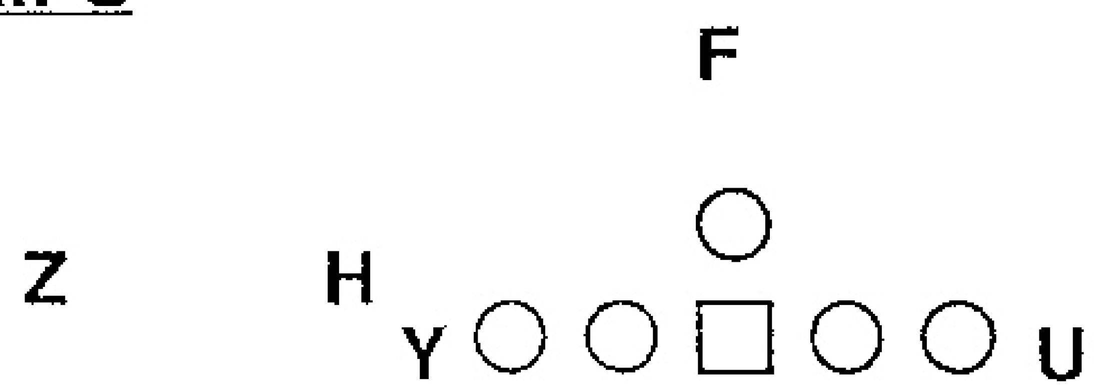
DOUBLE OUT
4



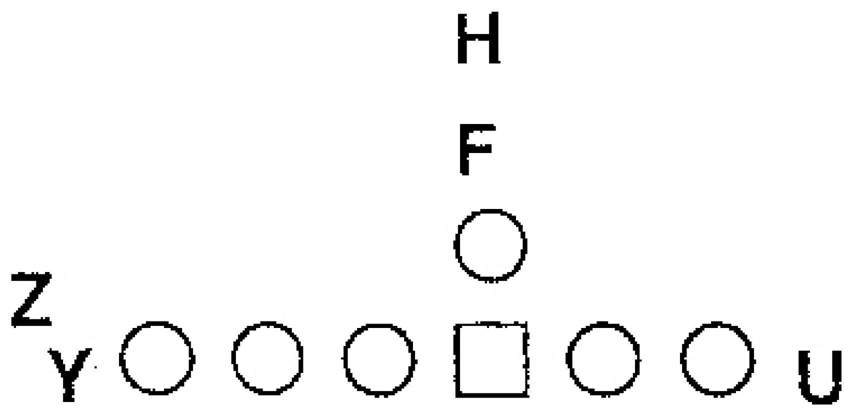
TRIPS OUT
5



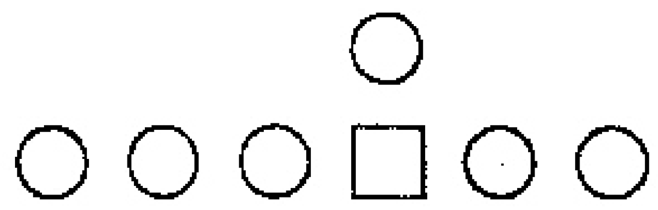
TRIPS
6



WING
7



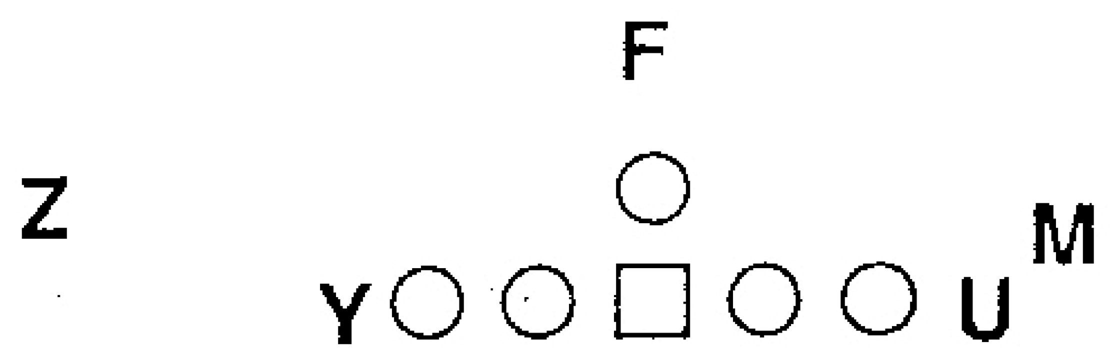
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TREY

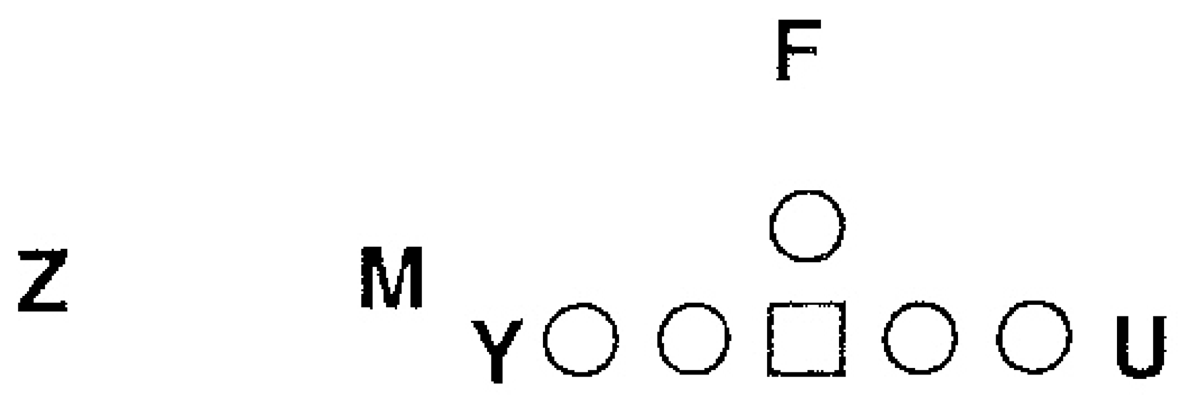
<u>DOUBLE</u>

1

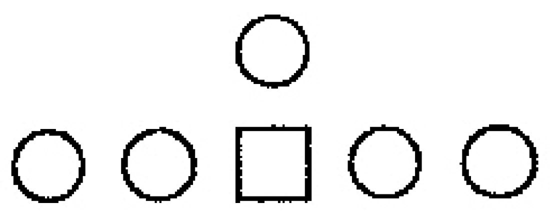


<u>TRIPS</u>

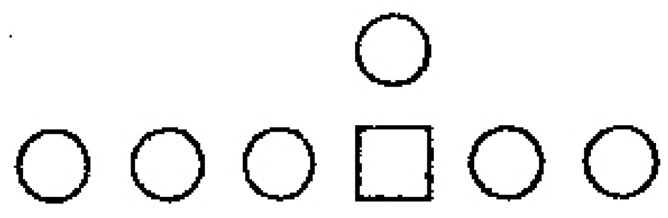
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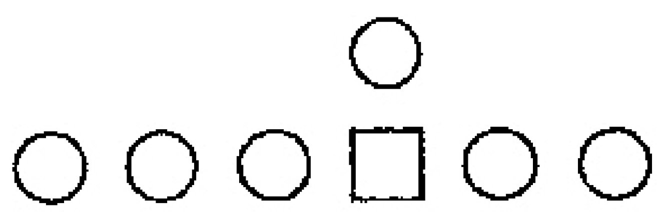
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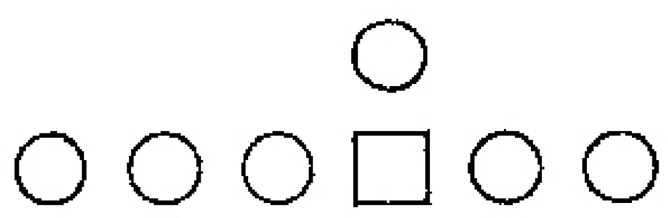
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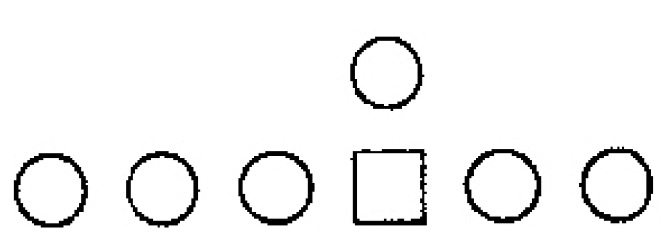
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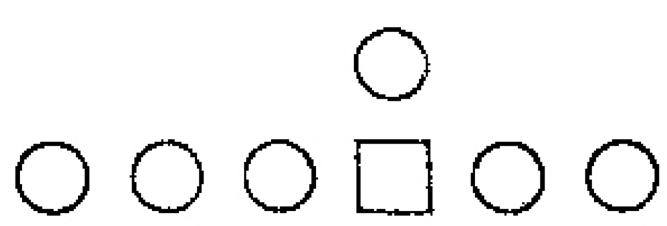
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7



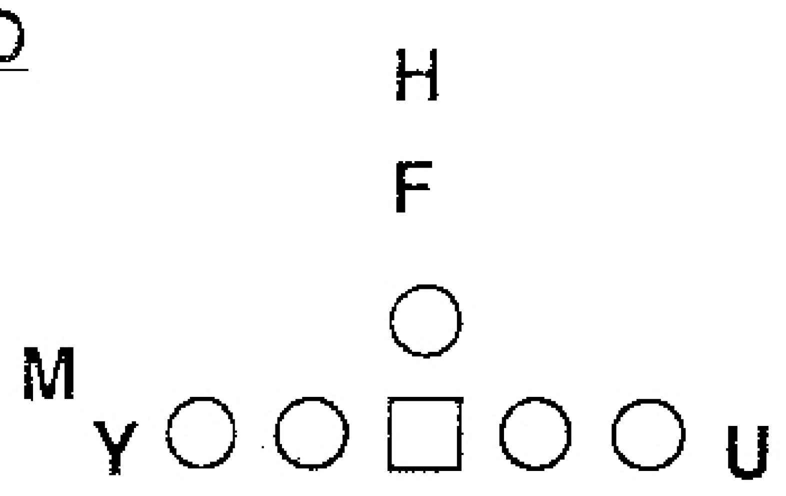
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JUMBO

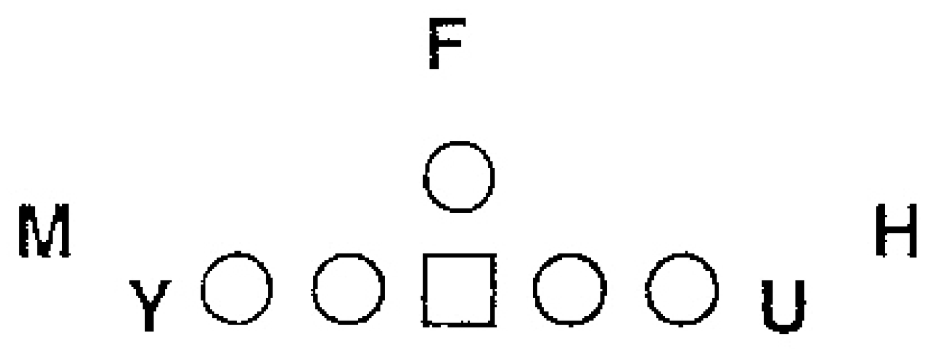
1

JUMBO



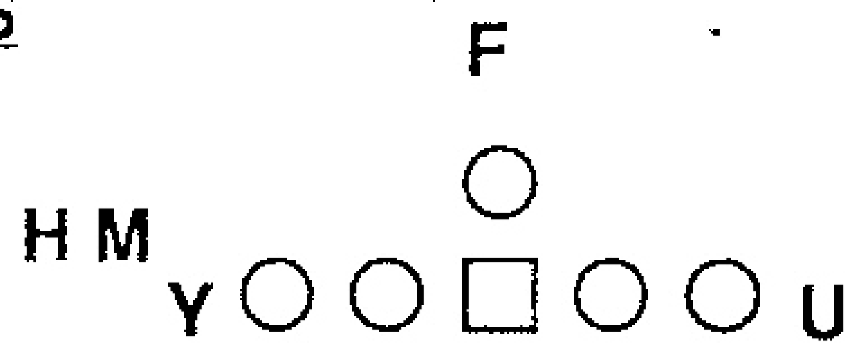
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DOUBLE

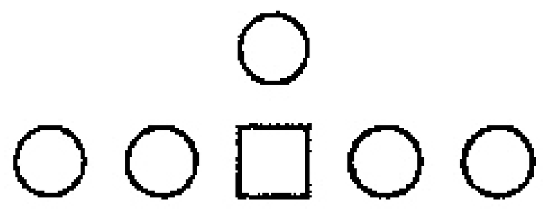


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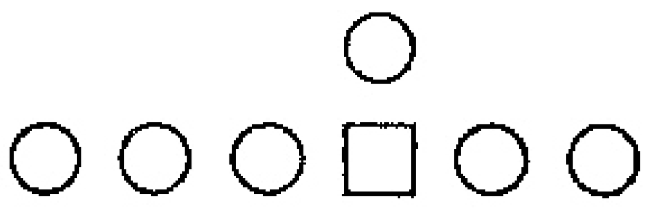
TRIPS



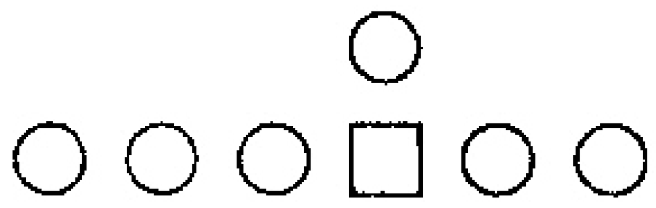
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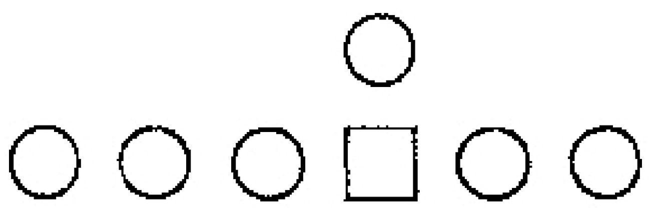
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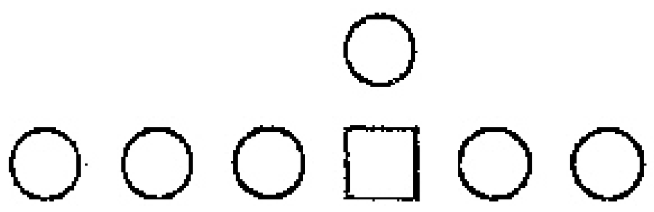
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7

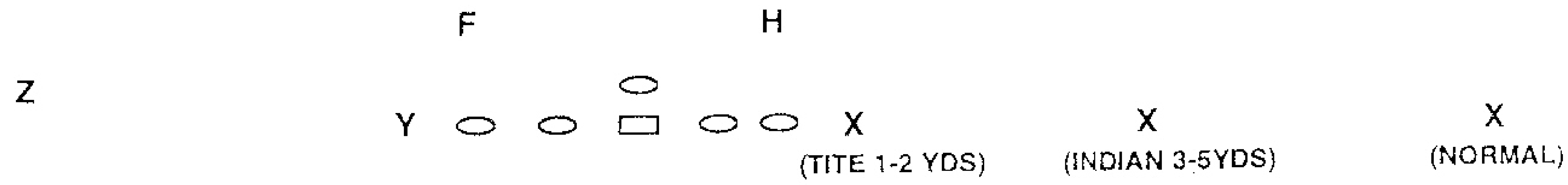


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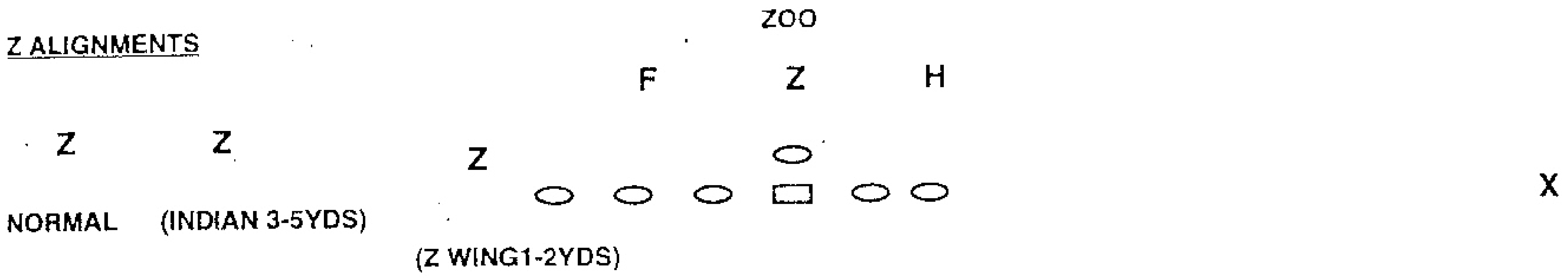


ALIGNMENTS

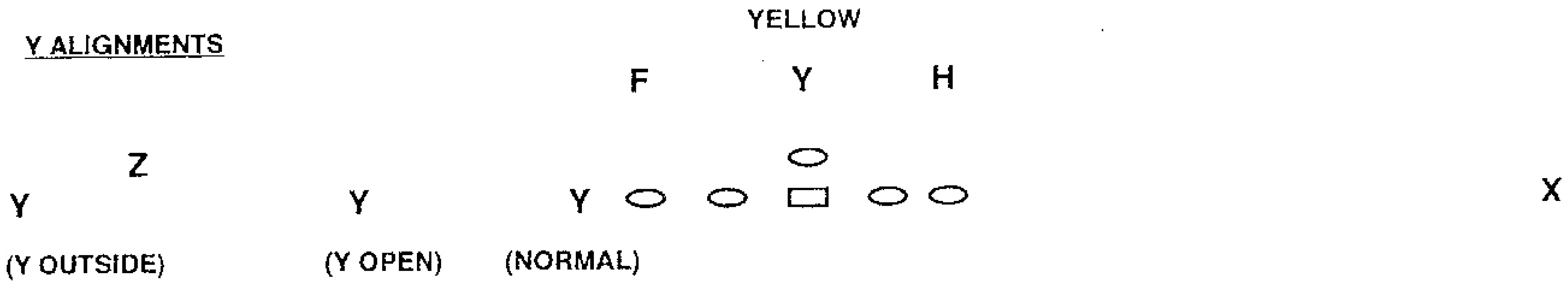
X ALIGNMENTS



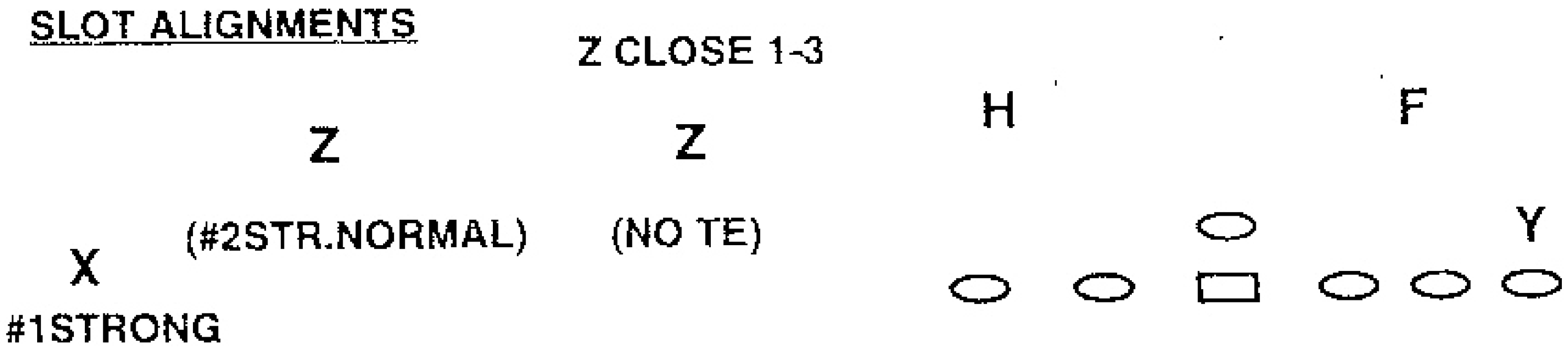
Z ALIGNMENTS



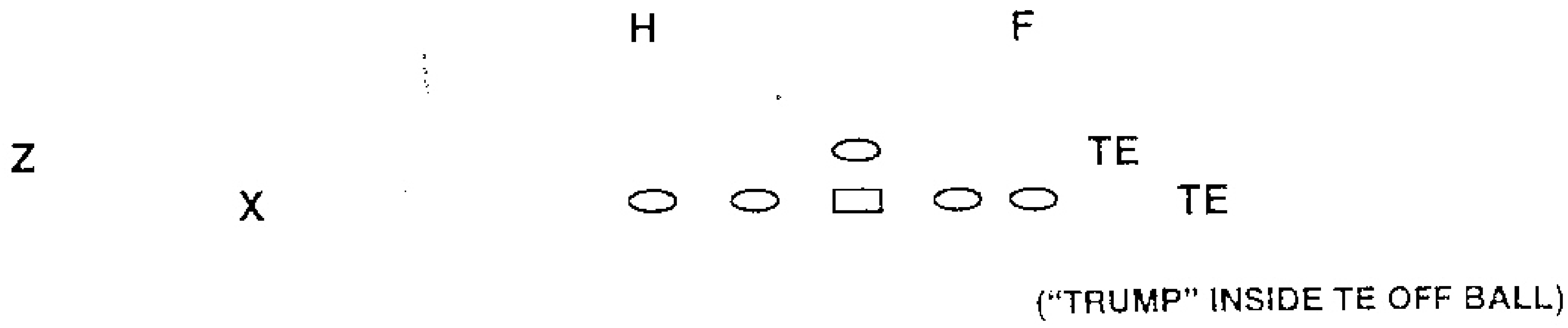
Y ALIGNMENTS



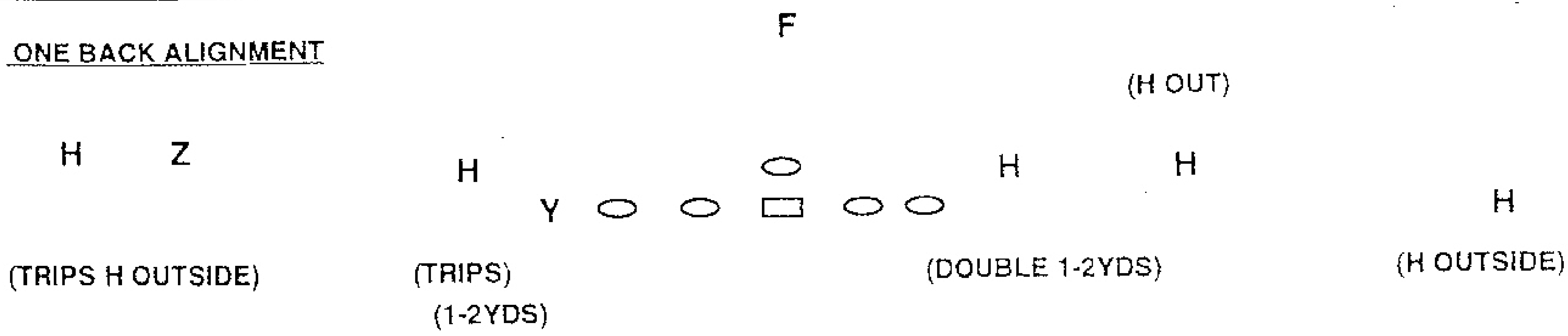
SLOT ALIGNMENTS



TRUMP ALIGNMENT

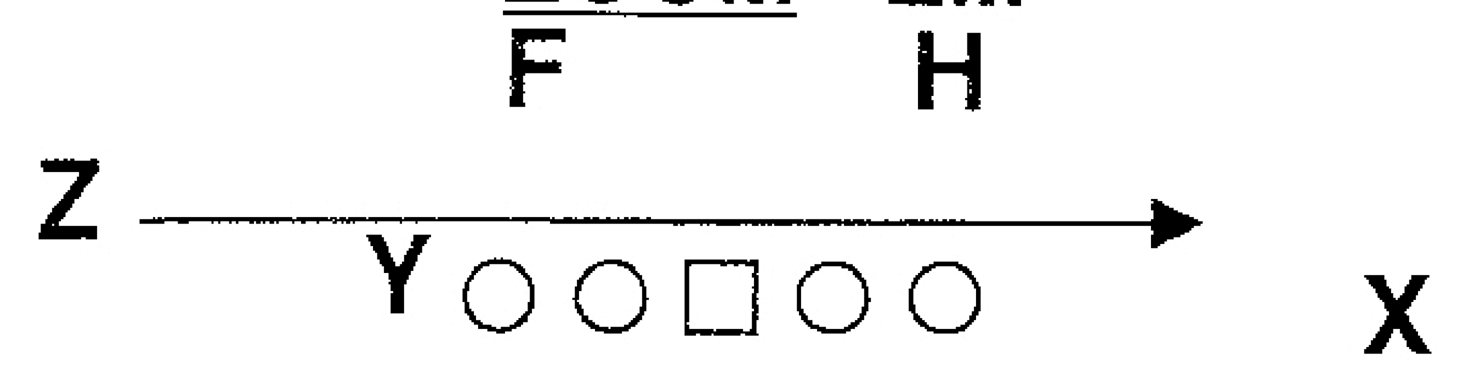


ONE BACK ALIGNMENT



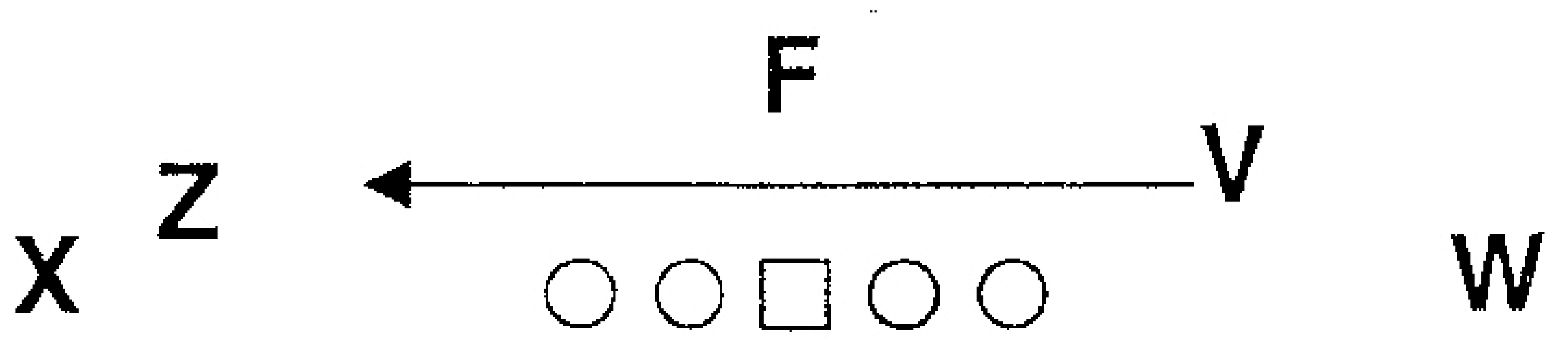
RECEIVER MOTION

ZOOM =ZM



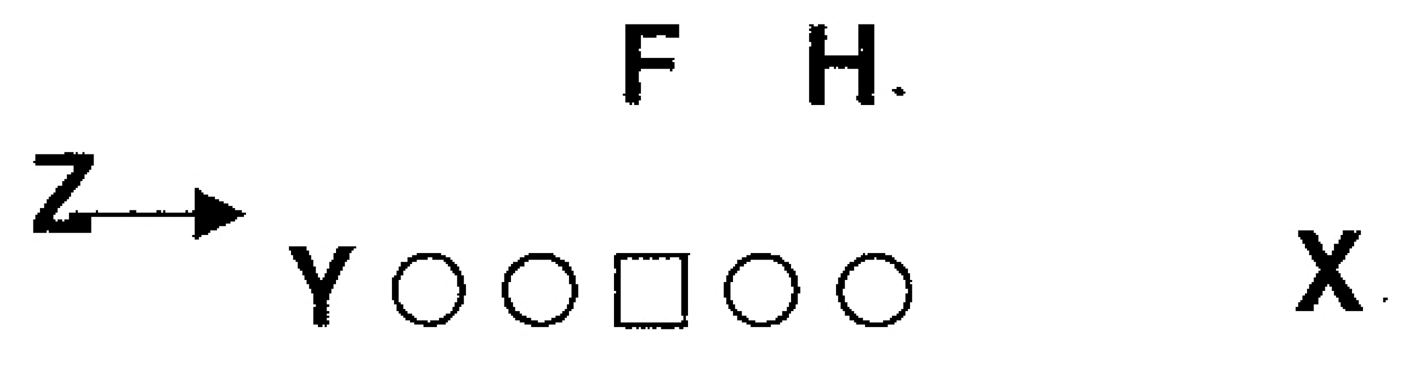
Z MOTION ACROSS FORMATION

V FLY



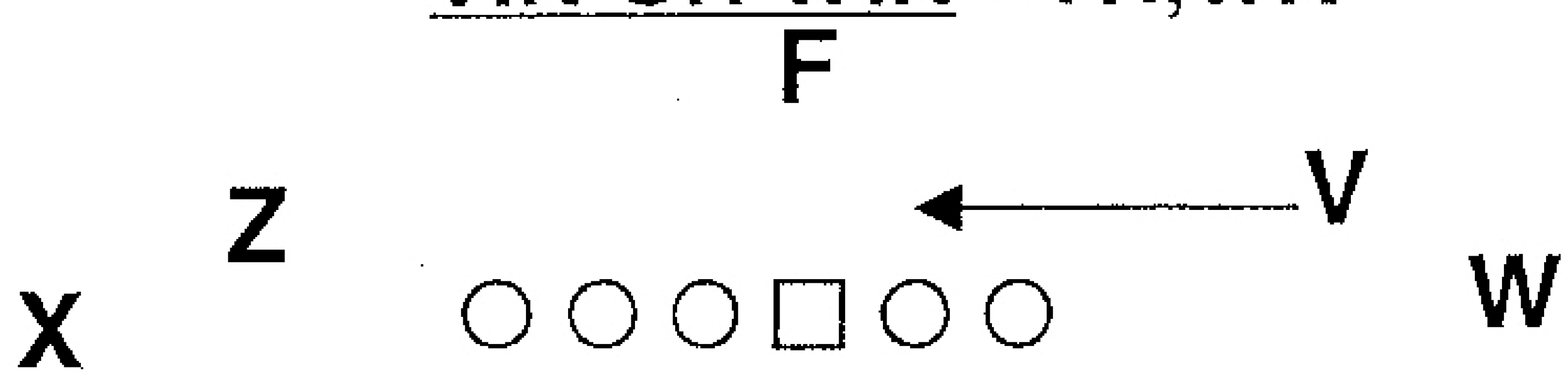
WR MOTION NO C.O.S.

ZIN =ZN



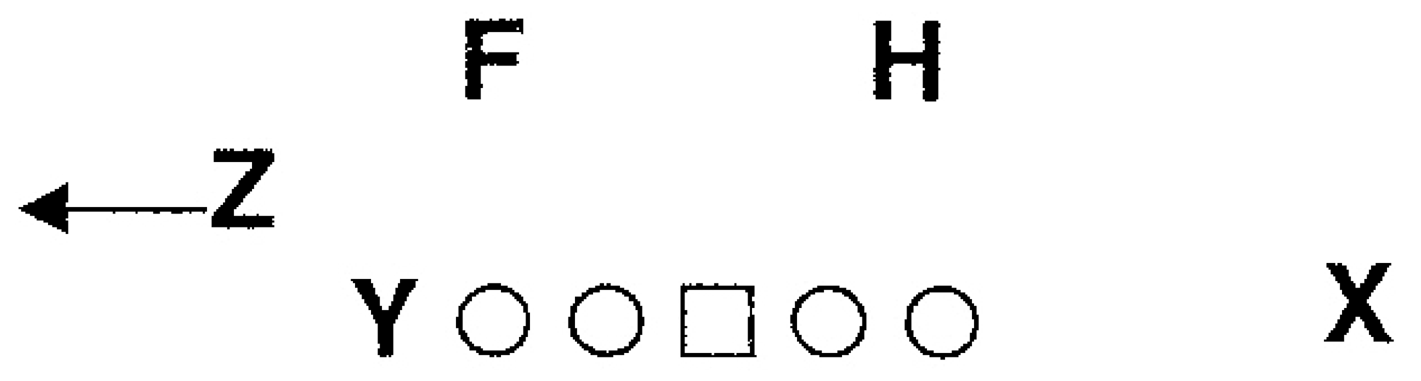
Z MOTION IN

VIN OR WIN =VN,WN



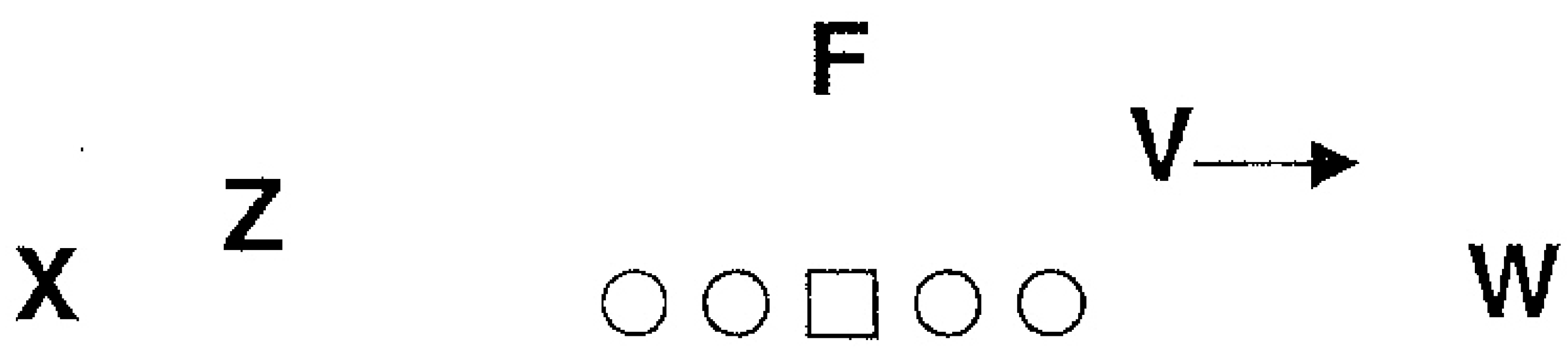
#2 OR #3 WR MOTION IN

ZOUT



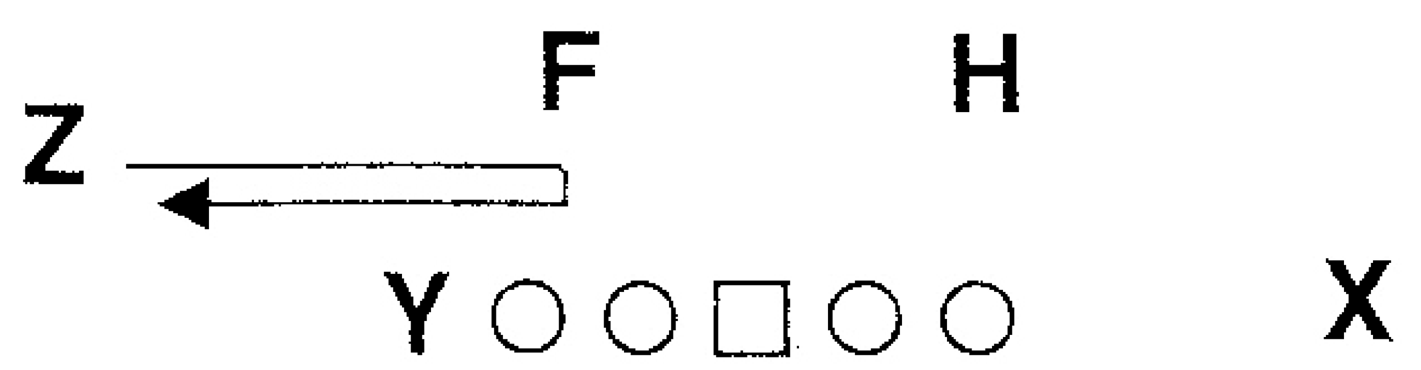
Z MOTION OUT

V OUT



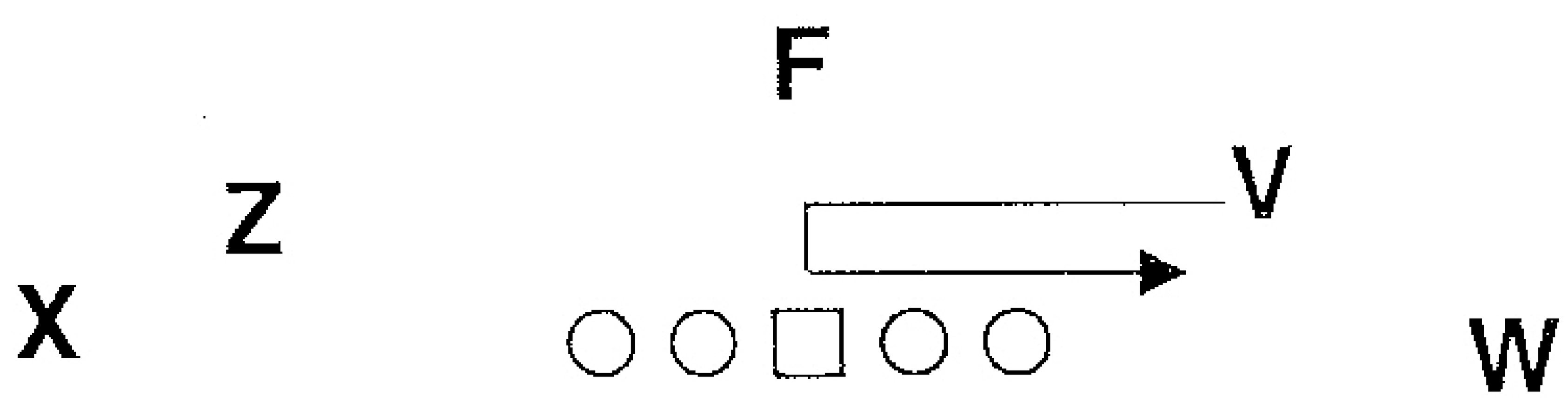
V RECEIVER MOTION OUT

ZIG



Z MOTION IN AND OUT

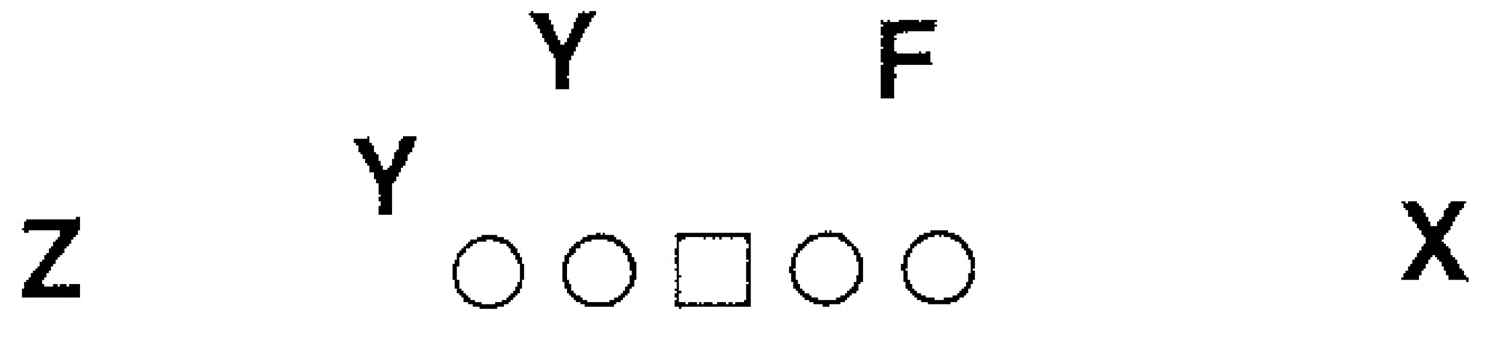
VIG=VG



V RECEIVER MOTION IN/OUT

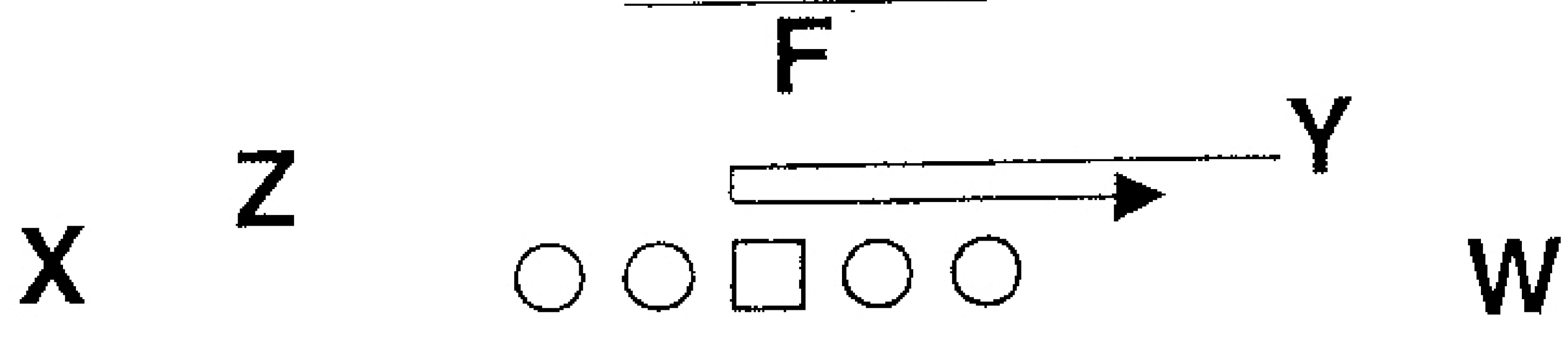
Y-X MOTIONS-BACKFIELD

YO OR YOO



Y OFF LOS=YO
Y IN BACKFIELD=YOO

YIG=YG



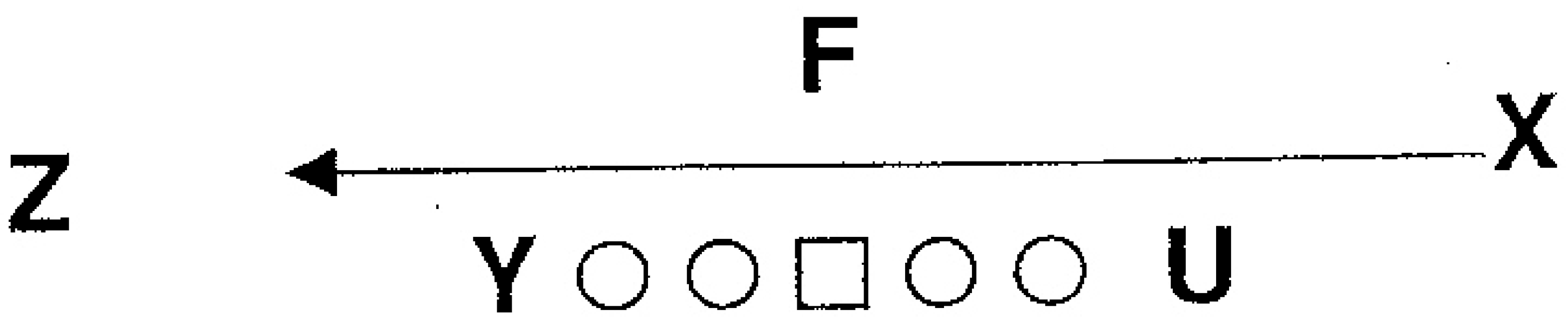
Y MOTION IN AND OUT

Y MOTION =YM



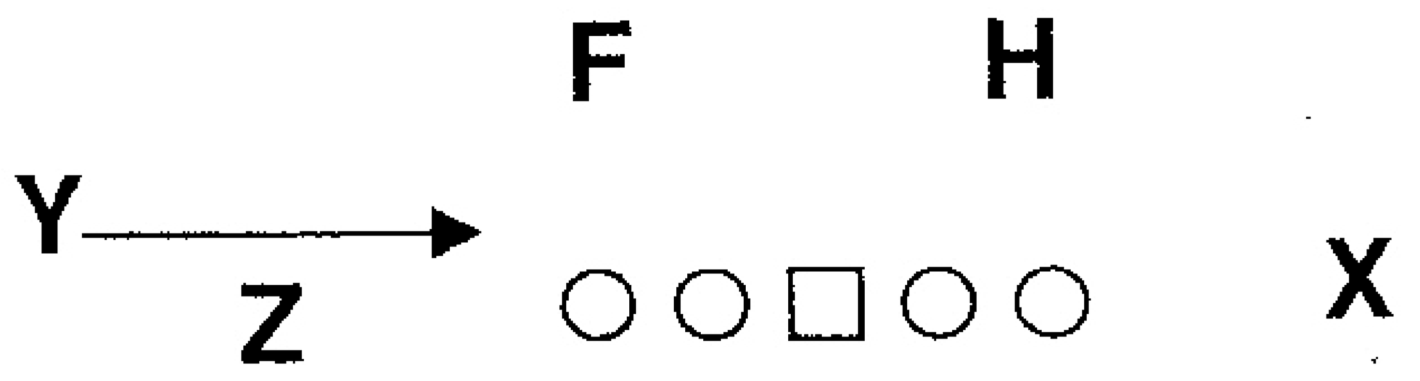
Y MOTION C.O.S.
Y YUKON NO C.O.S.

X FLY



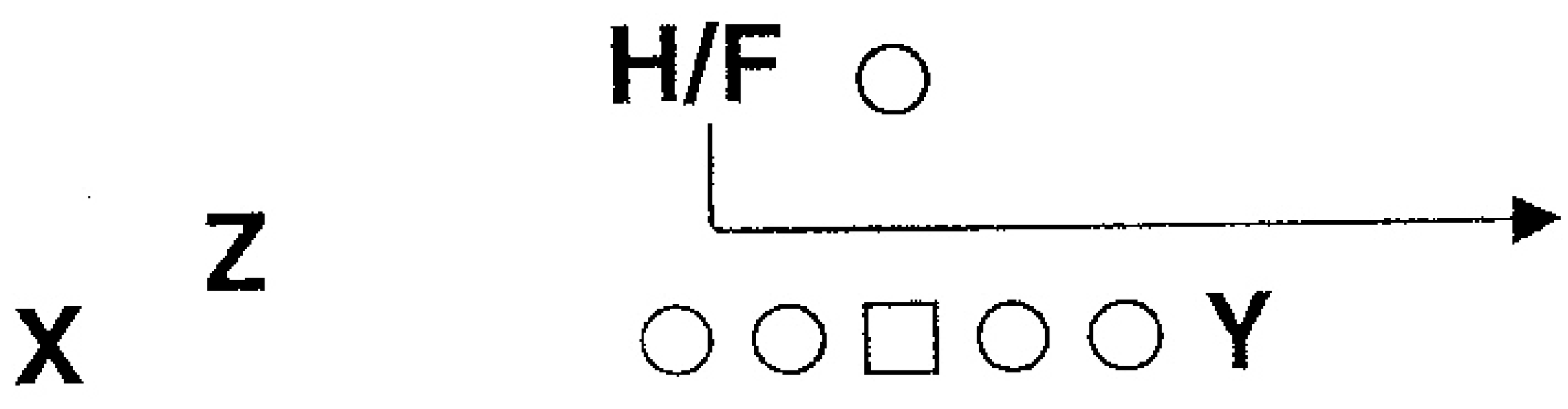
X MOTION ACROSS FORMATION

YIN=YN



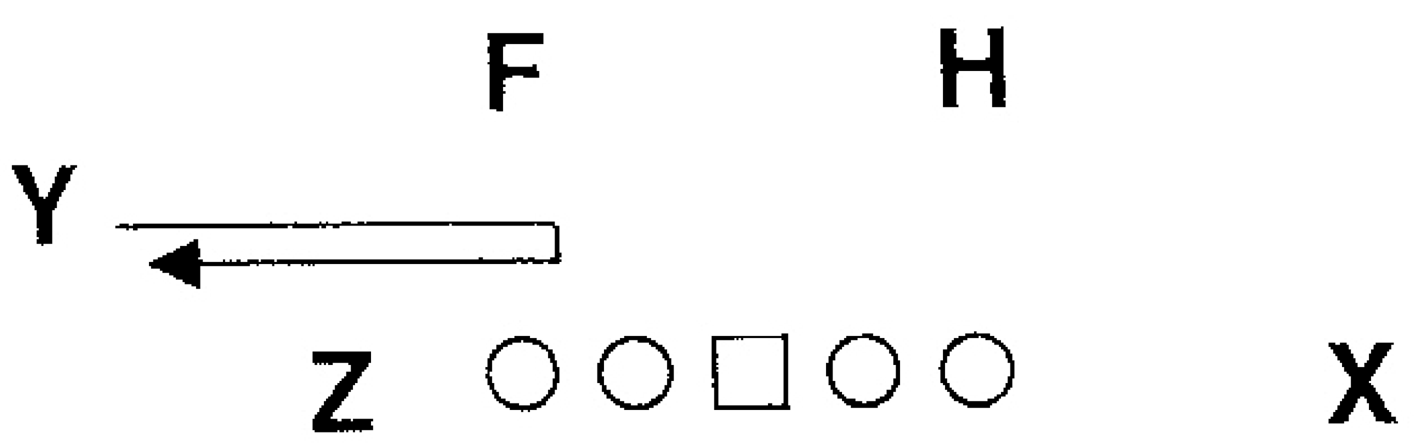
Y MOTION IN

FLY H OR F



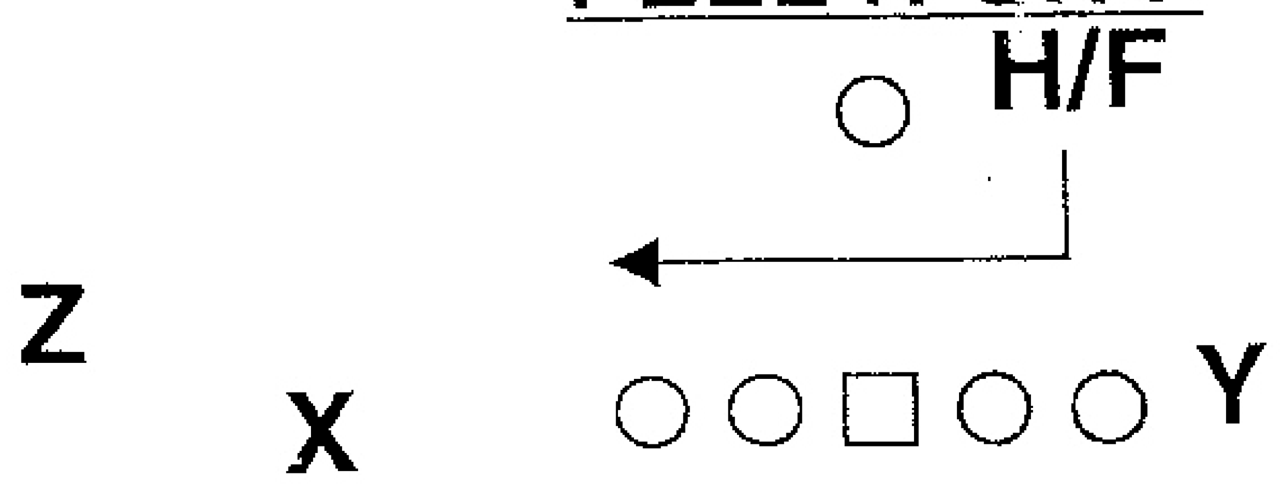
MOTION BY A BACK TO Y

YIG =YG



Y MOTION IN AND OUT

PEEL H OR F

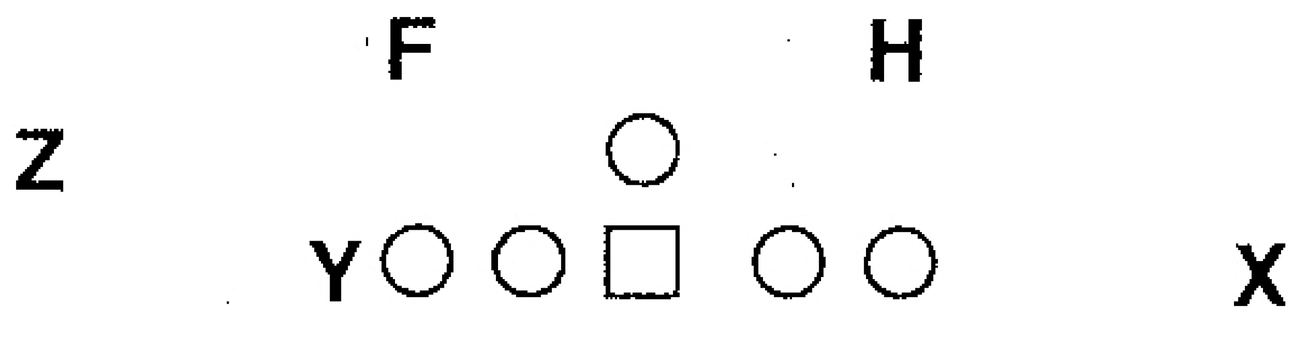


MOTION BY A BACK AWAY FROM Y

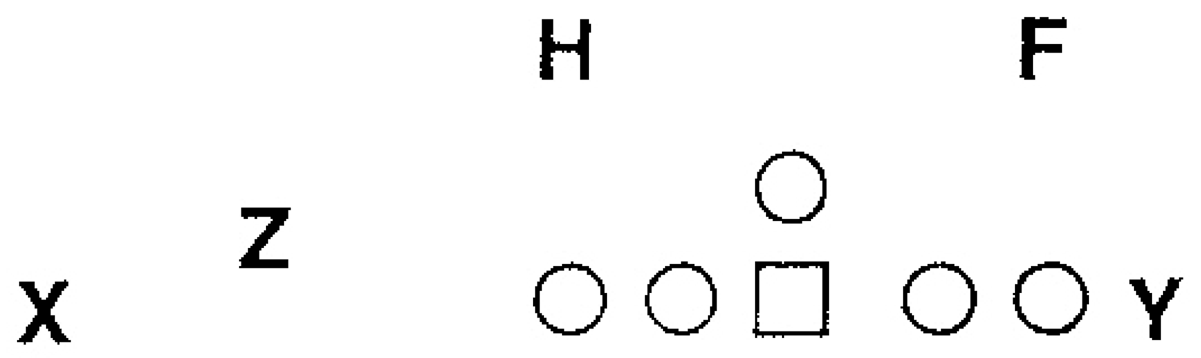
DETERMINING STRENGTH

1. Any two back formation, strength will be called to the 2 receiver side.

EXAMPLE



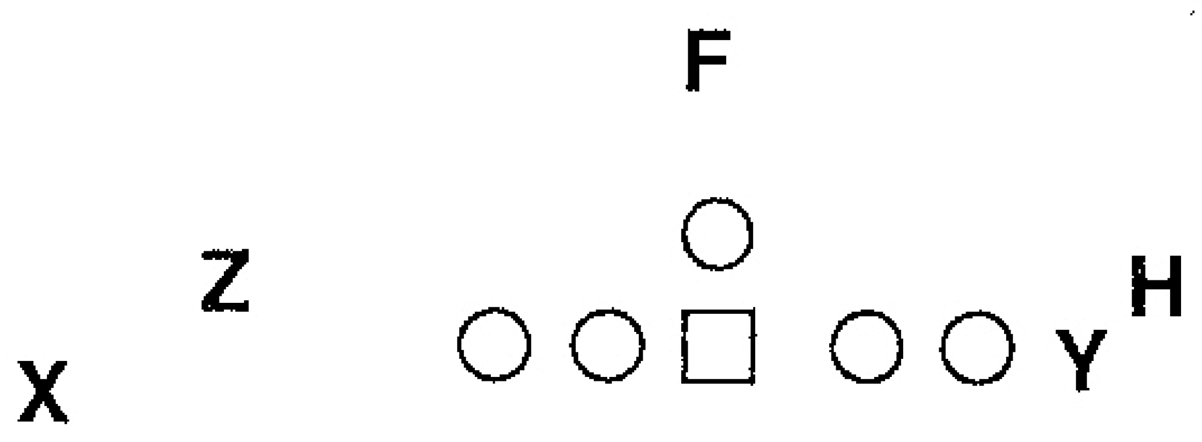
SPLIT LEFT



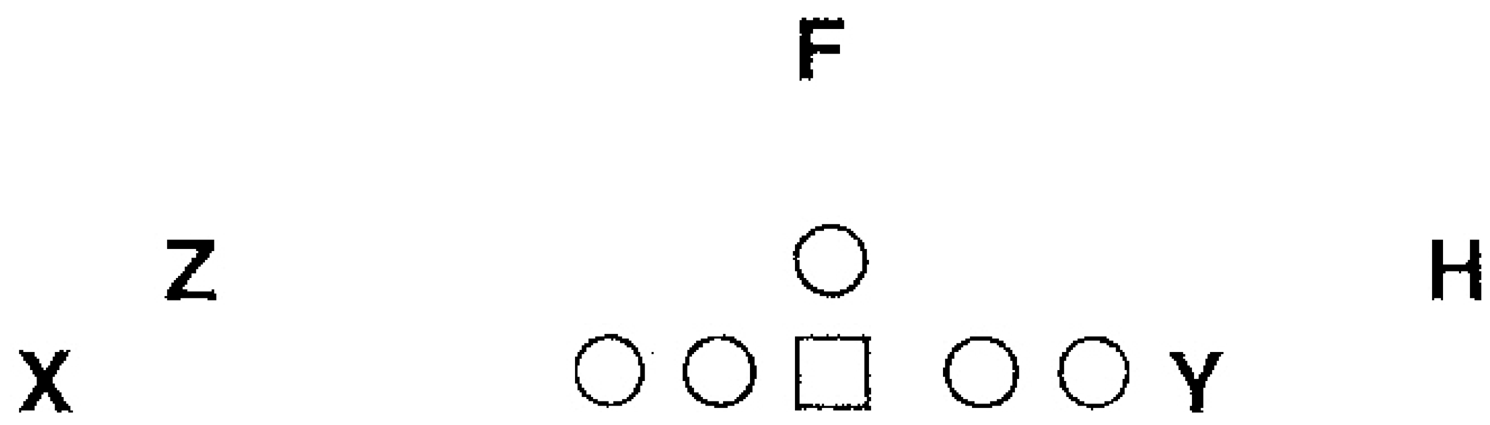
SPLIT SLOT LEFT

2. Any 1 back formation where there are two receivers to either side of the center. Formation strength will be determined by the following priorities.

A. Two receivers to the same side.

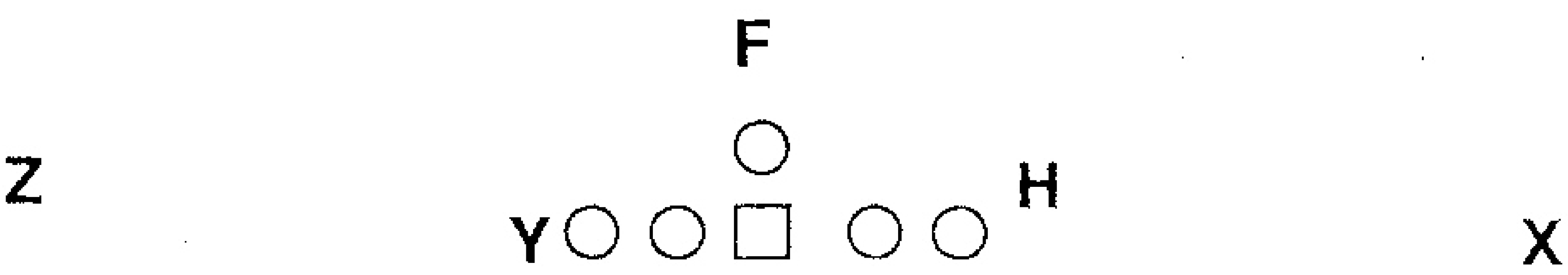


DETROIT WING LEFT



DETROIT LEFT

B. One receiver on Y's side with H aligned away from Y.



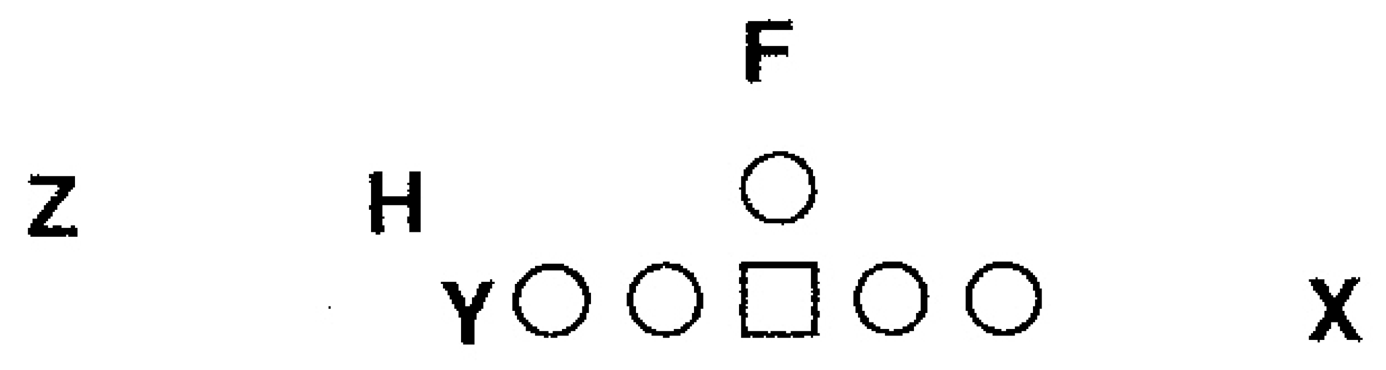
DOUBLE LEFT

C. One receiver on each side with two tight ends in game, strength will be called to stud TE.

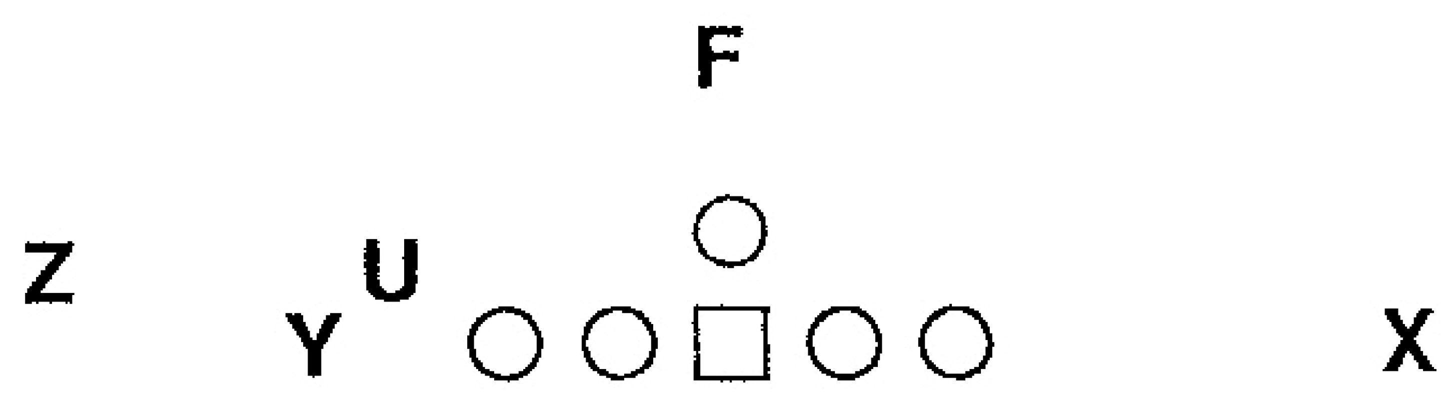


ACE LEFT

3. Any trips formation where there are three receivers to one side. Strength will be called to three receiver side.

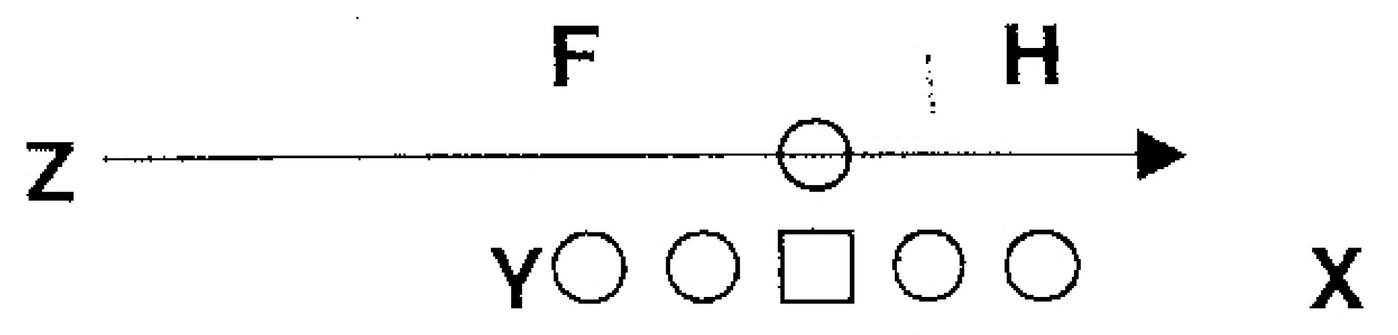


TRIPS LEFT

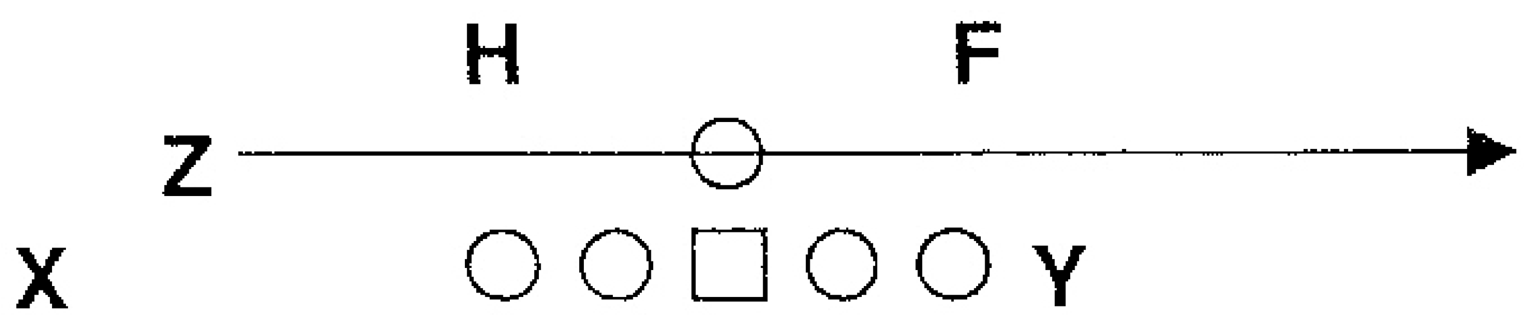


ACE TRIP TRUMP LEFT

4. Vs. regular and ace when a receiver crosses the ball the strength will be to the side he is going.

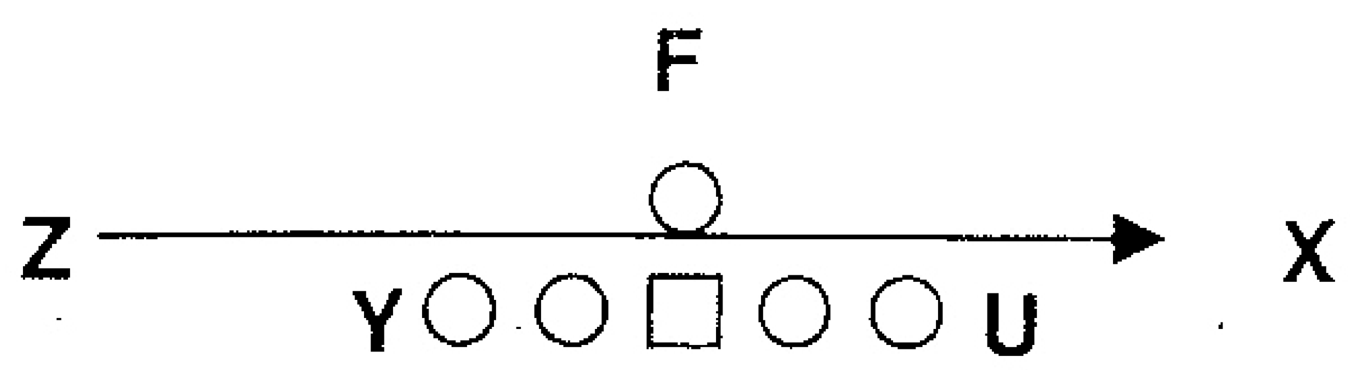


SPLIT LEFT ZOOM TO SPLIT SLOT RT.

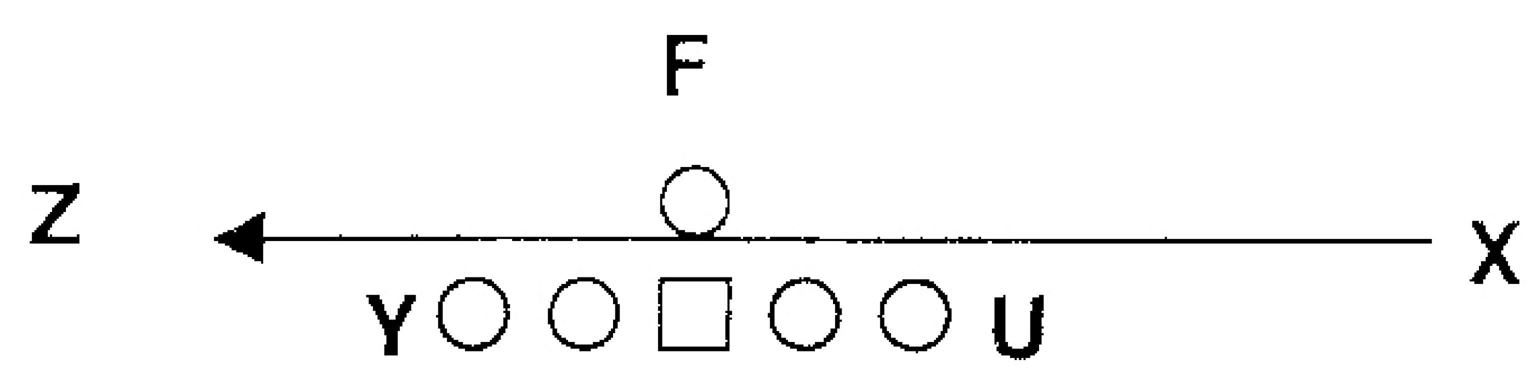


SPLIT SLOT LEFT ZOOM TO SPLIT RIGHT

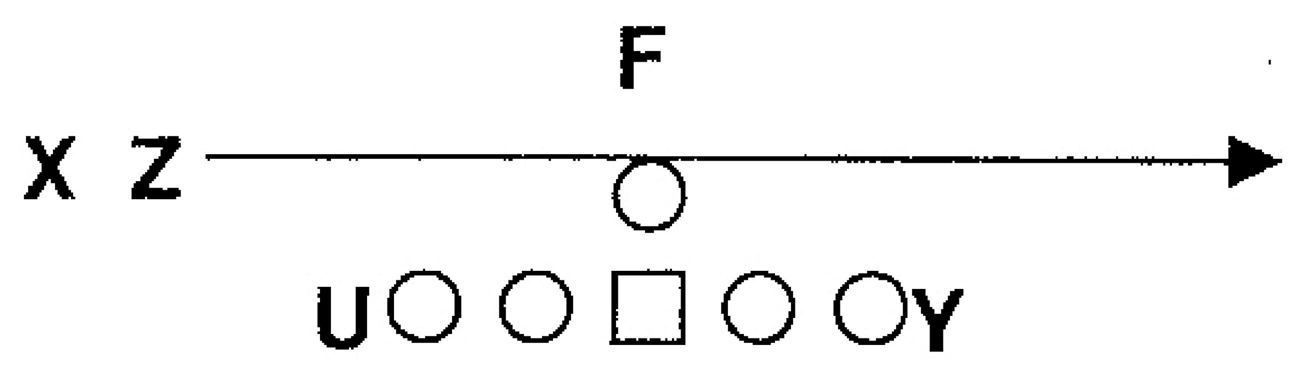
4. Continued



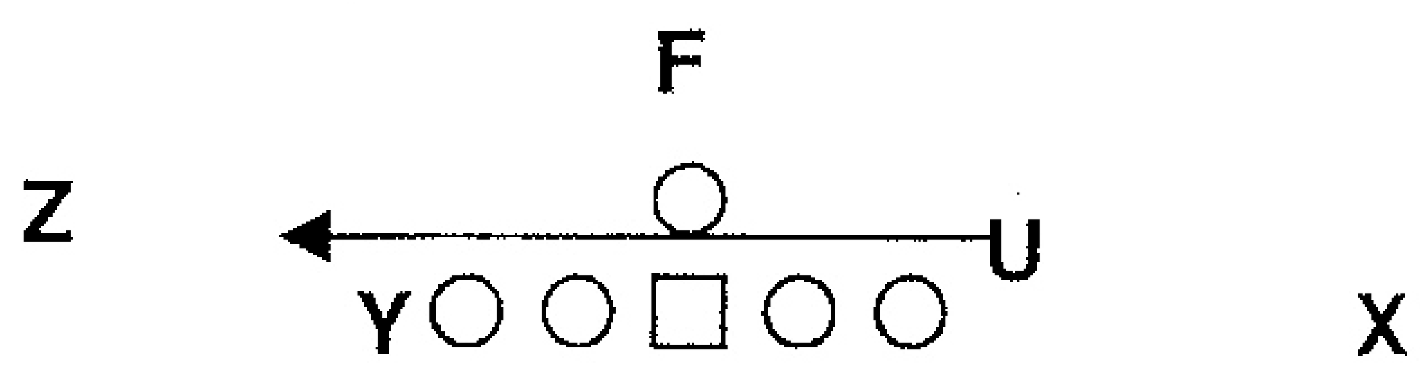
ACE LEFT ZOOM TO TRIPLES RT.



ACE LEFT X FLY TO TRIPS LEFT

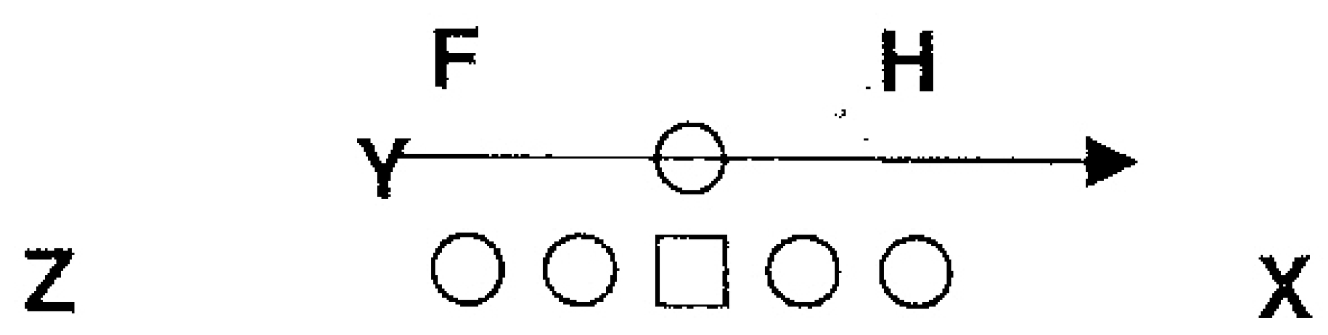


ACE TRIPLES LEFT ZOOM TO ACE RT.

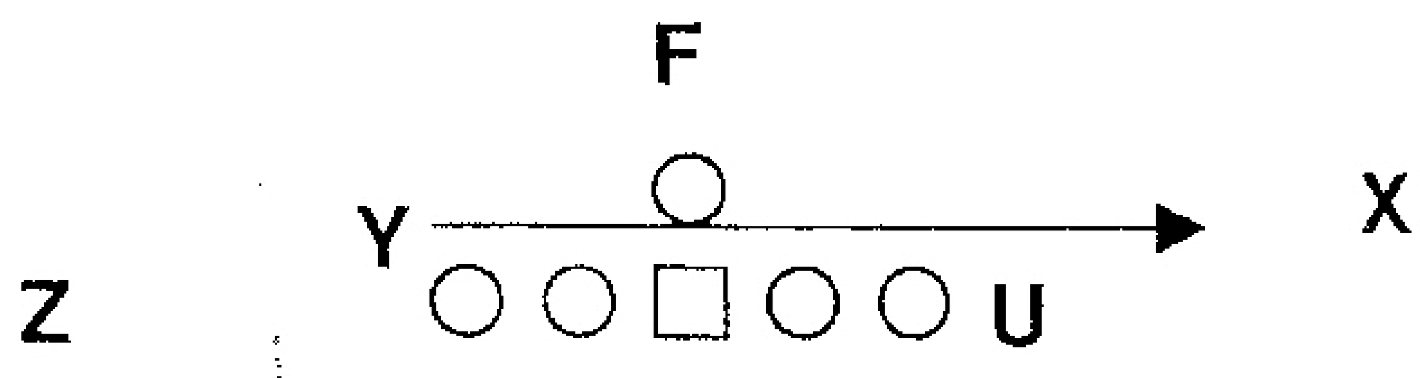


ACE LEFT U FLY TO TRIPS LEFT

5. Vs. regular and ace if the formation begins as a Pro set and Y motion crosses the ball we will call strength to the side Y is going to.



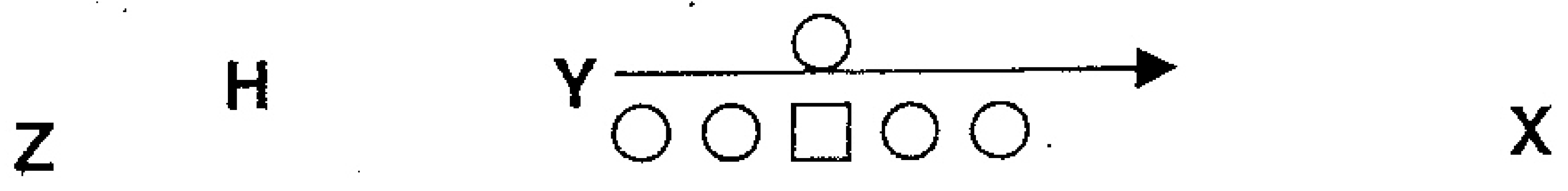
SPLIT LEFT Y MOTION TO SPLIT RT.



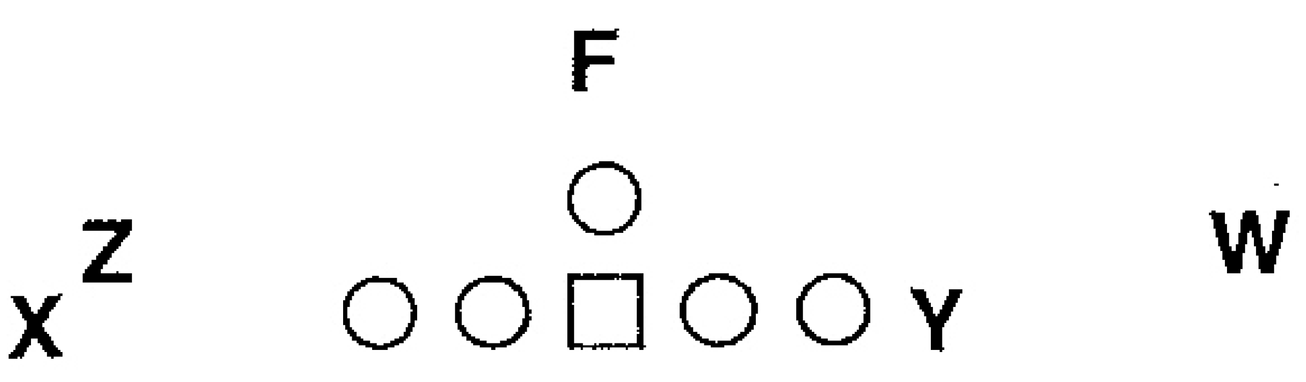
ACE LEFT Y MOTION TO TRIPLES RT. Z OUT

6. Vs. regular personnel we will make a Yukon call to simplify our adjustments. When the formation is Trips Out/Outside Y off. Yukon <u>will not</u> change strength.

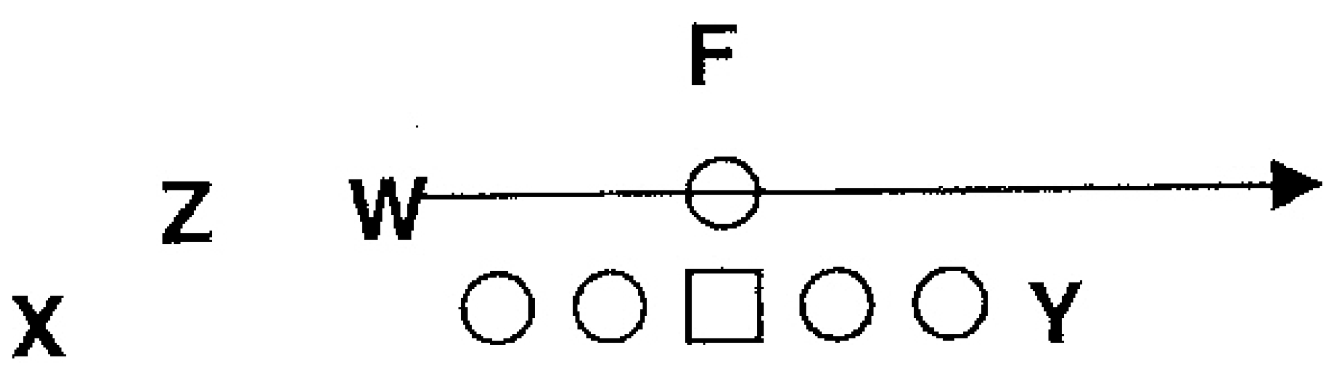
Lber"s will call YUKON



7. Vs. diamond strength will be to the two receiver side.

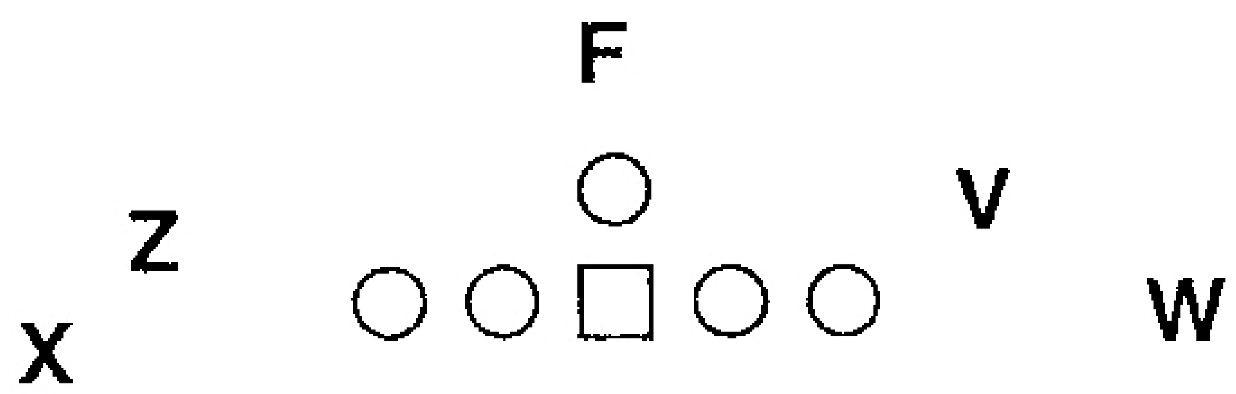


<u>DIAMOND LEFT</u>

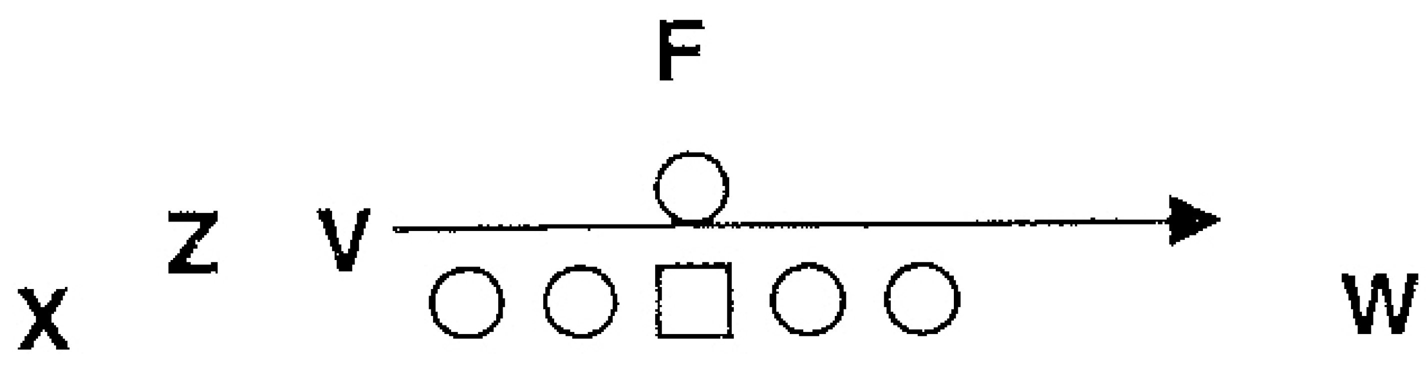


<u>DIAMOND TRIPLES LEFT W FLY TO DM. LEFT</u>

8. Vs. flush strength will go to the wide side then left. If the formation begins as trips and a receiver peels to double strength stays to the original side.

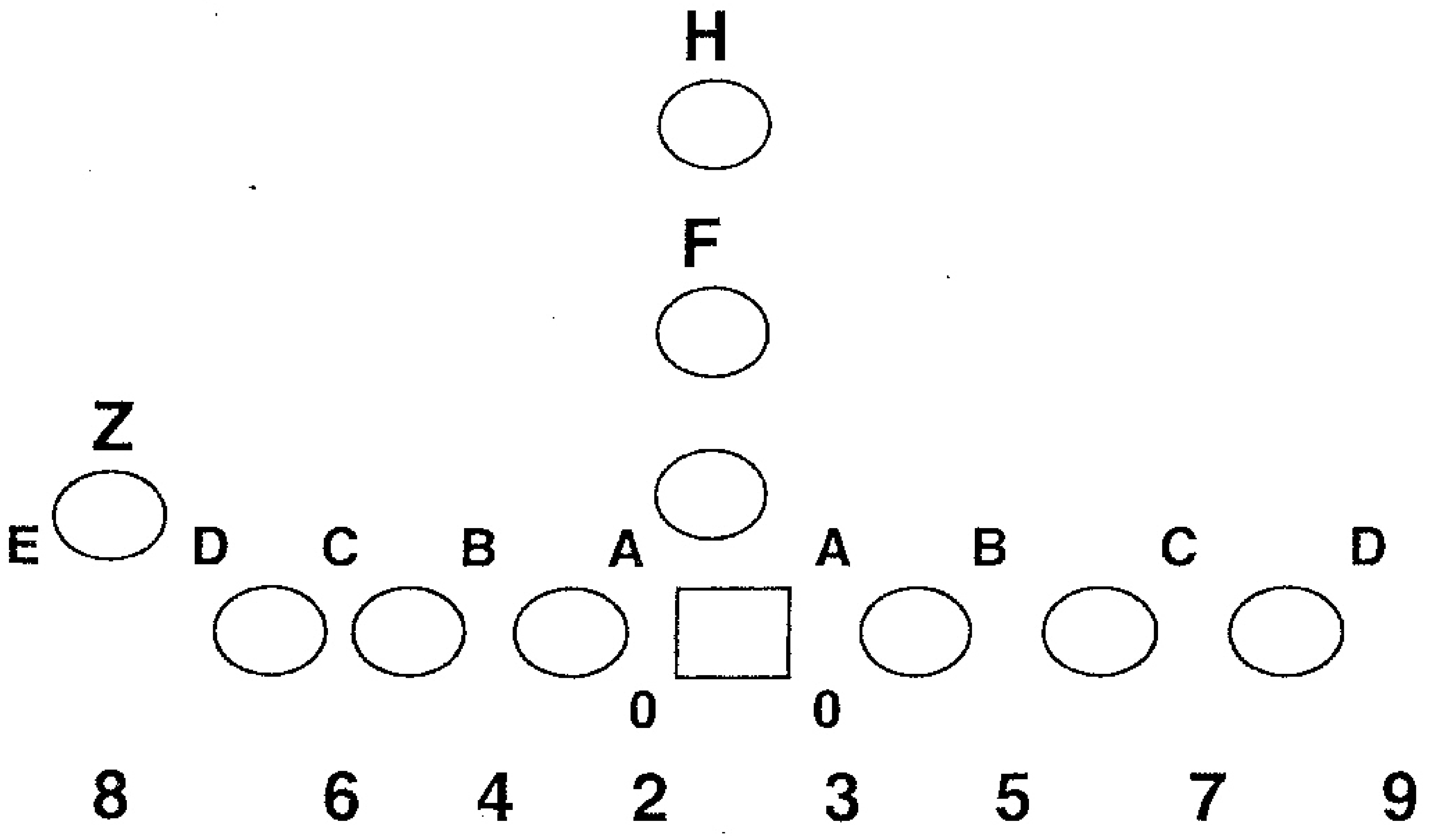


<u>FLUSH LEFT</u>



<u>FLUSH TRIPS LEFT V PEEL TO FLUSH LEFT</u>

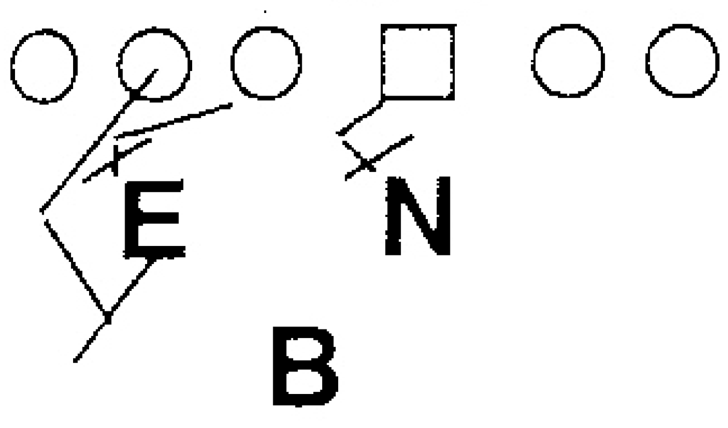
HOLE NUMBERING SYSTEM



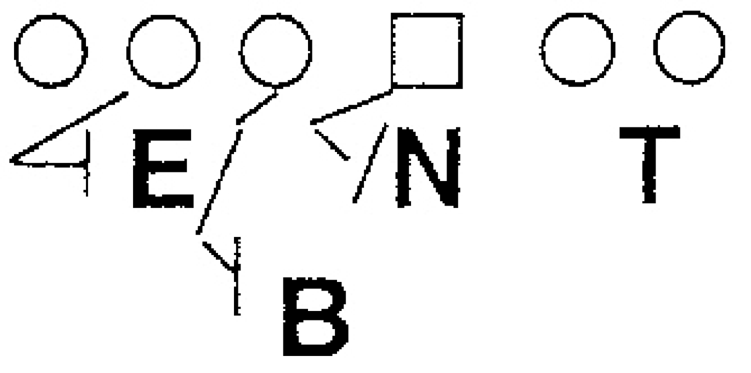
METHOD FOR IDENTIFYING OUR OPPONENTS RUNNING PLAYS

1. EVEN NUMBERS ARE ALWAYS TO OUR LEFT
2. ODD NUMBERS ARE ALWAYS TO OUR RIGHT
3. HOLE NUMBERS ARE DESIGNATED BY THE GAPS BETWEEN OFFENSIVE LINEMEN.

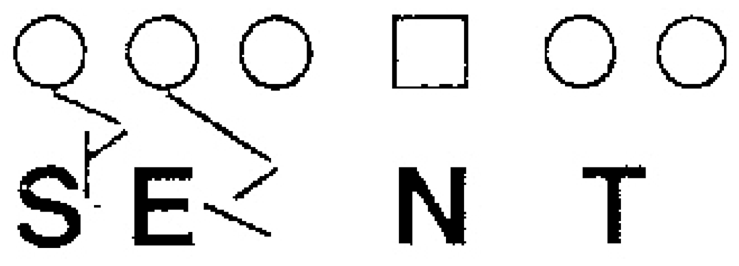
SLIP



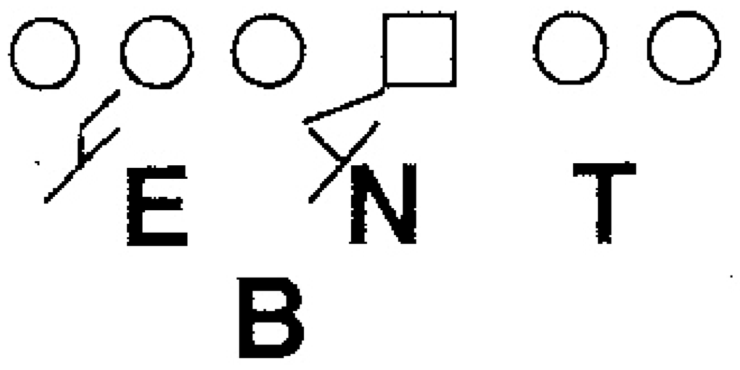
HOOK



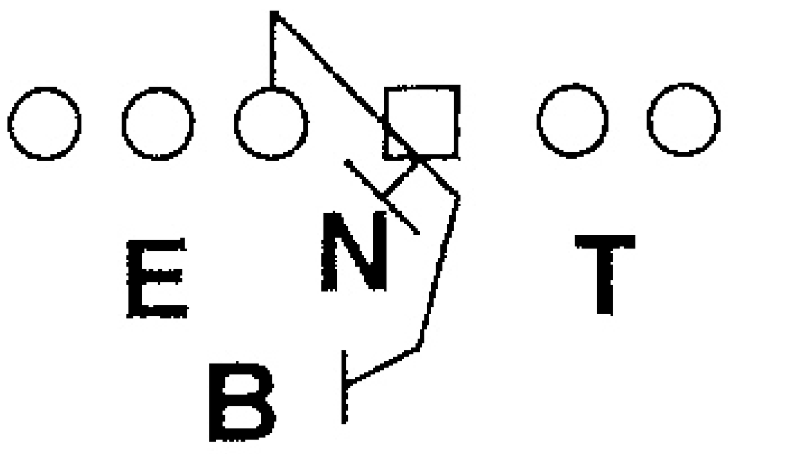
CUTOFF



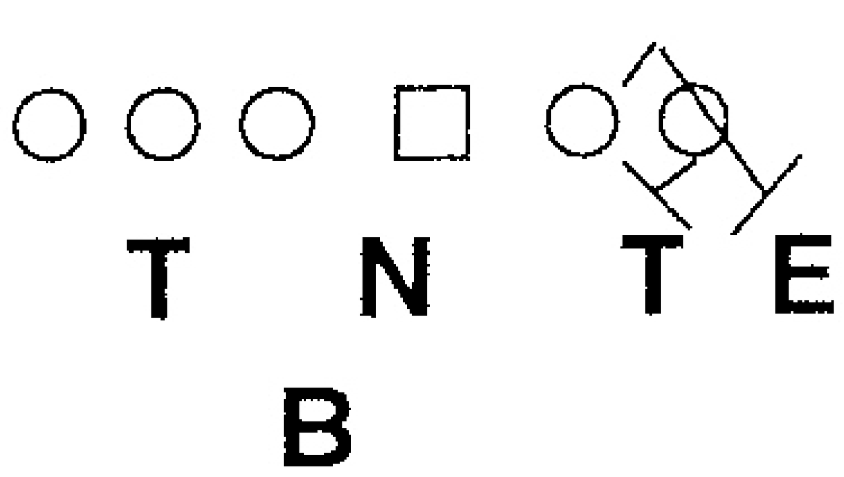
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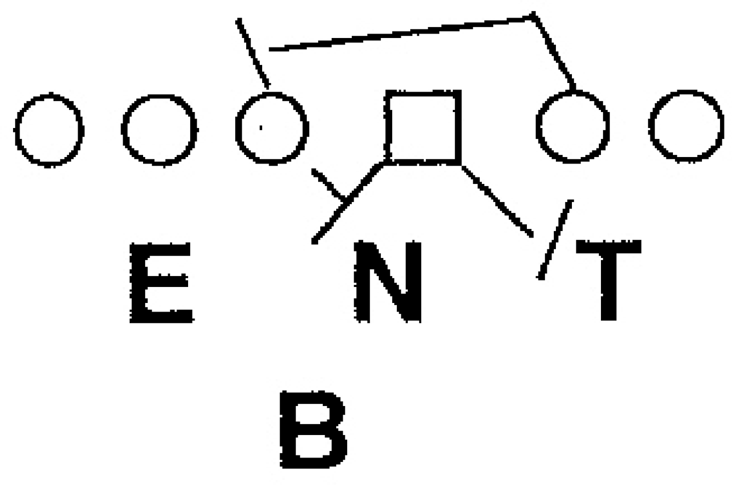
FOLD



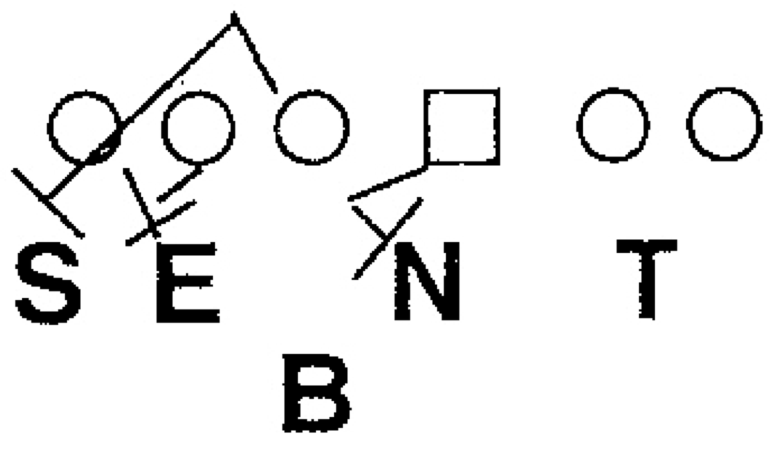
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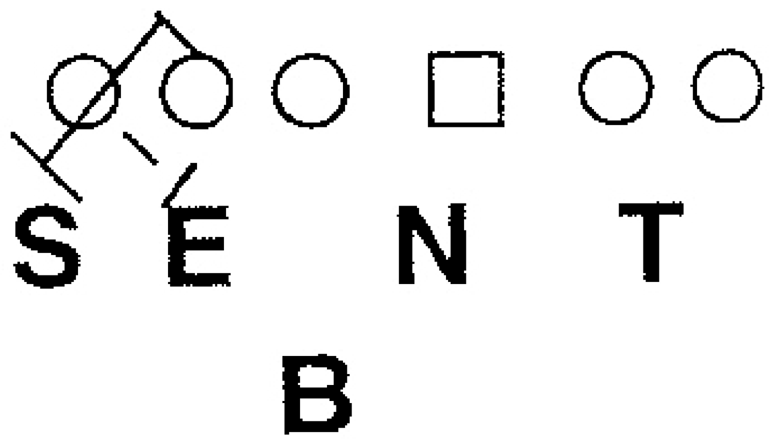
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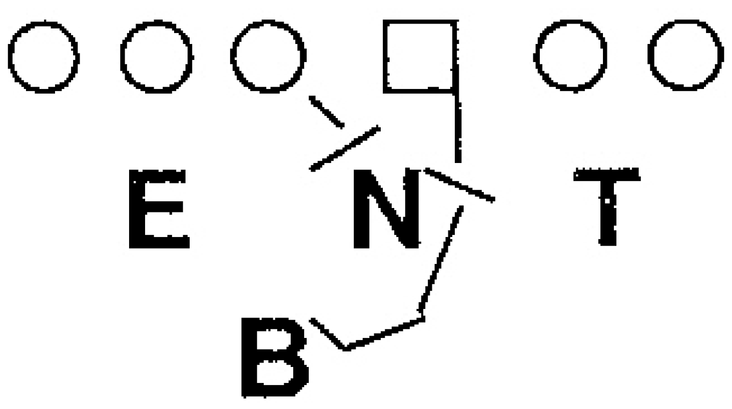
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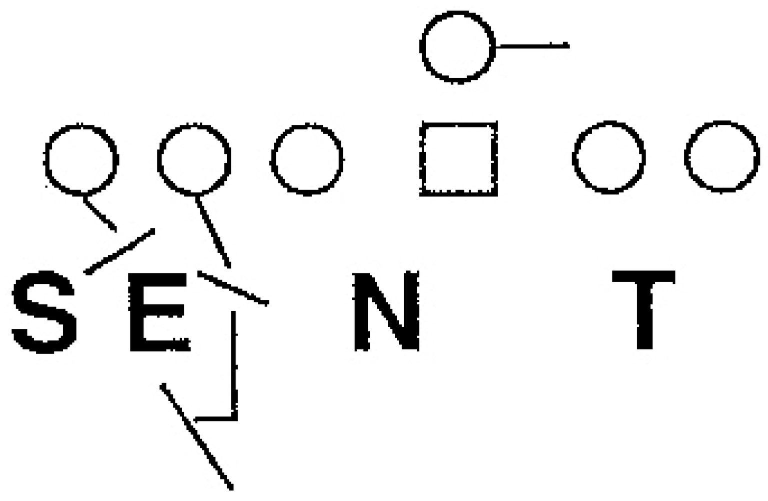
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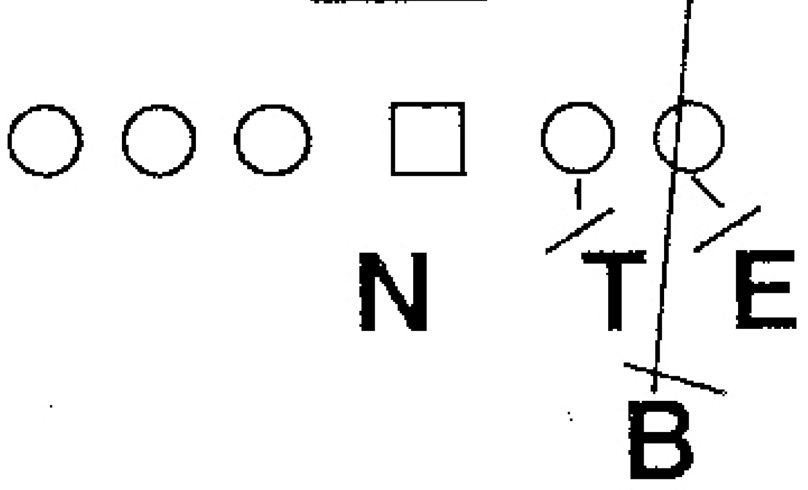
SCOOP



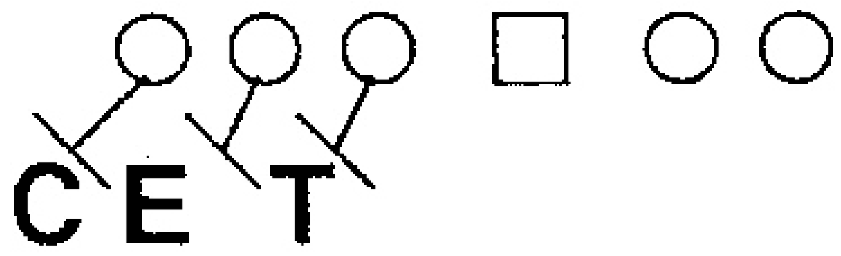
SCOOP



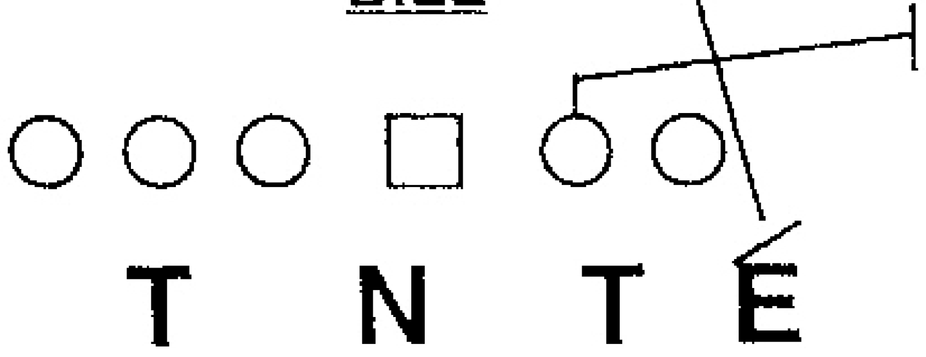
BASE



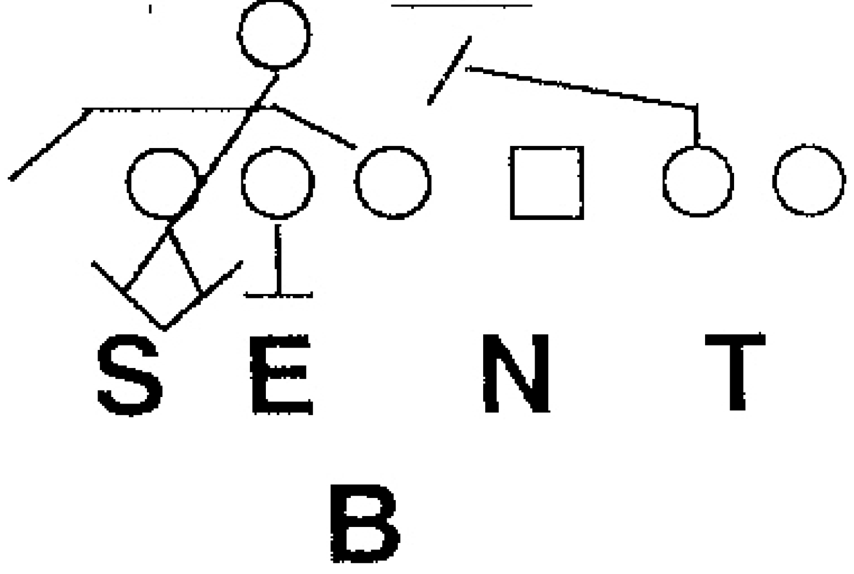
FAN



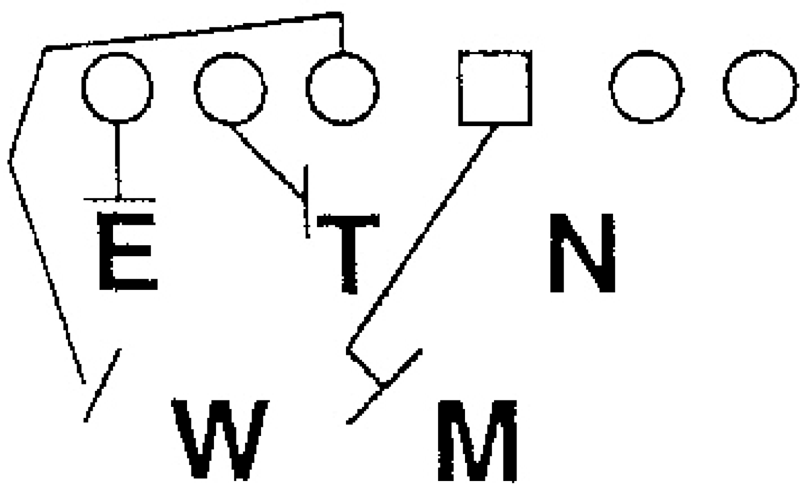
BILL



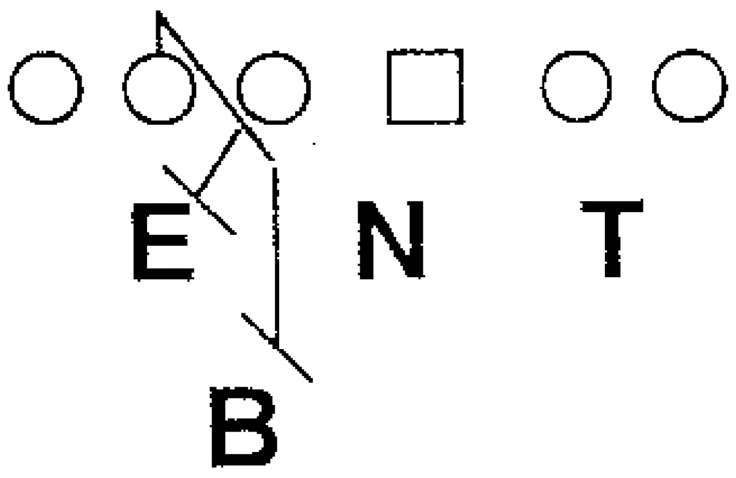
BOB



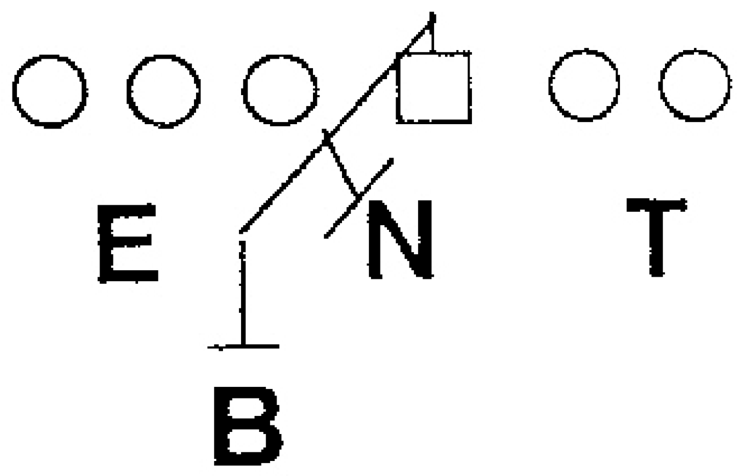
TUG



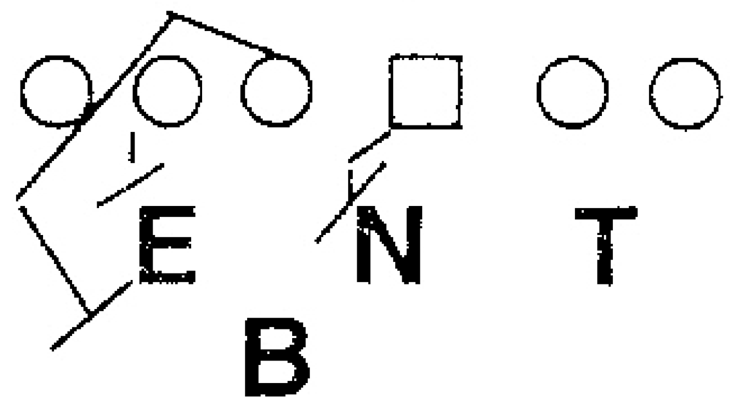
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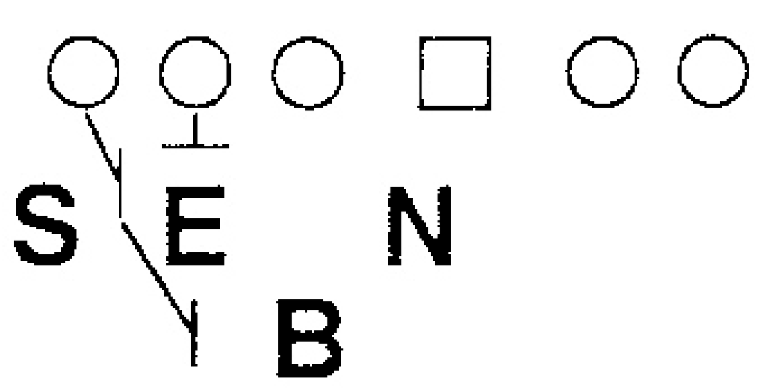
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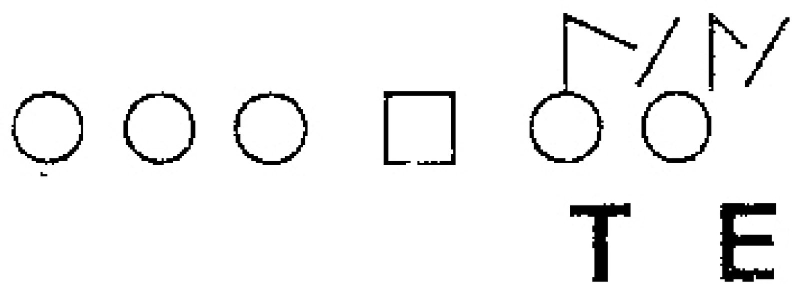
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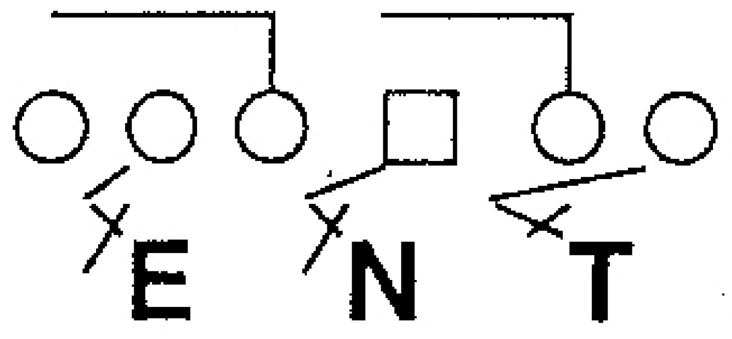
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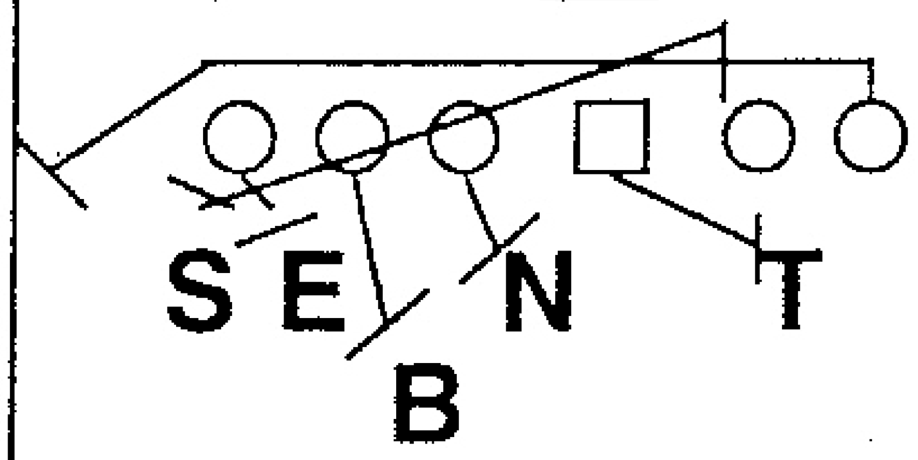
DRAW



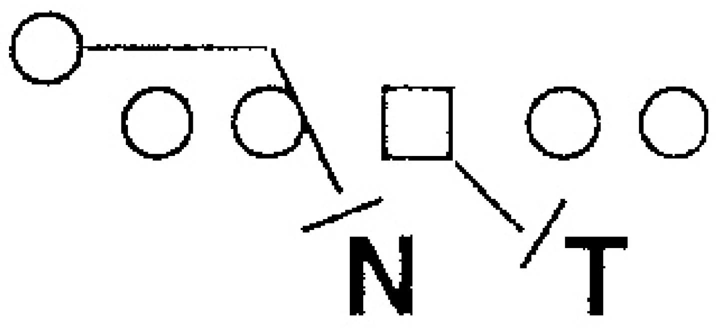
G.O.



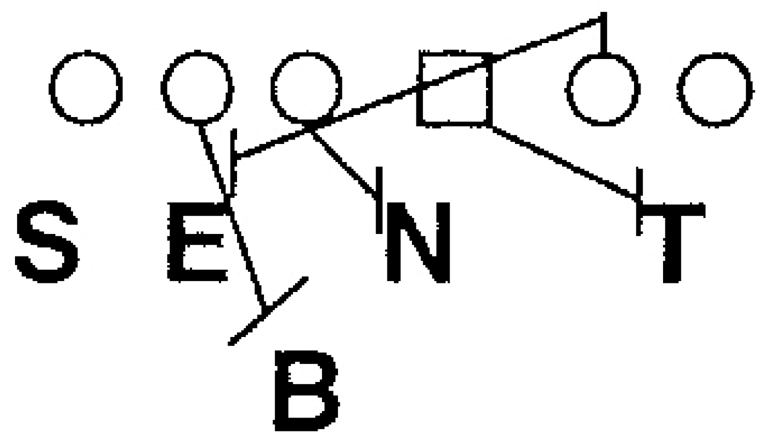
O.T.



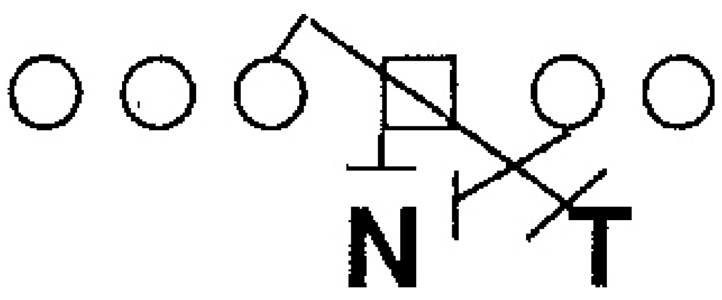
WHAM



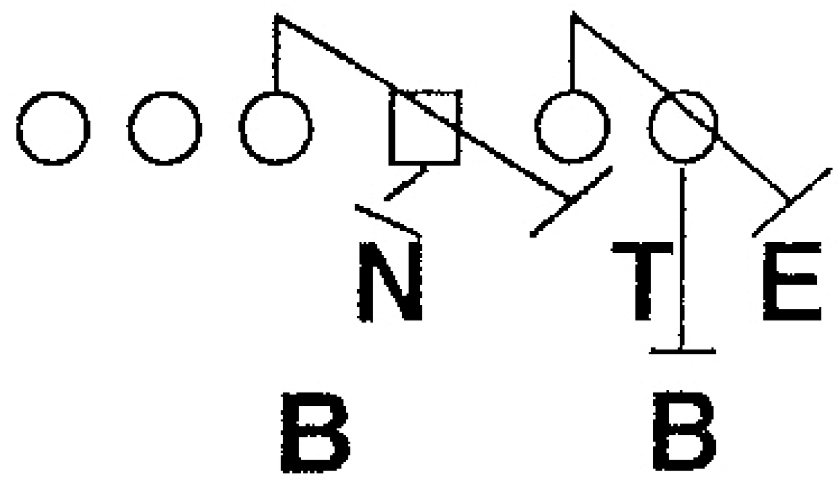
TRAP



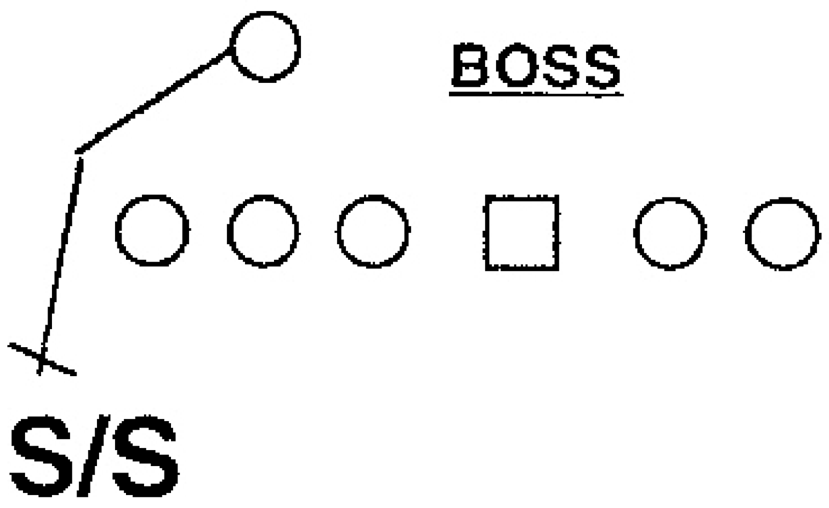
QK TRAP



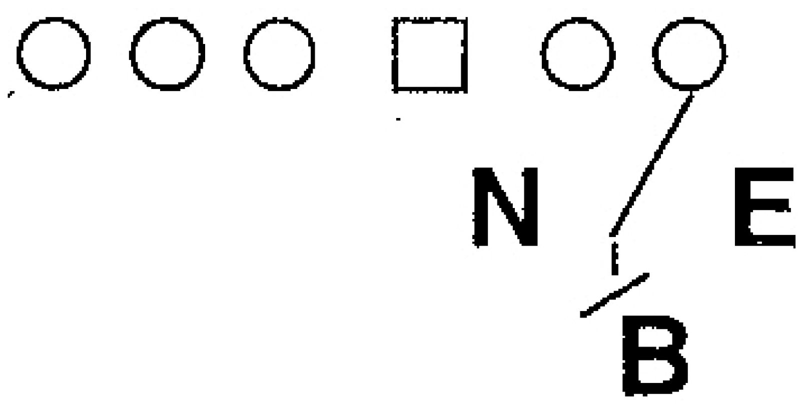
INFL. TRAP



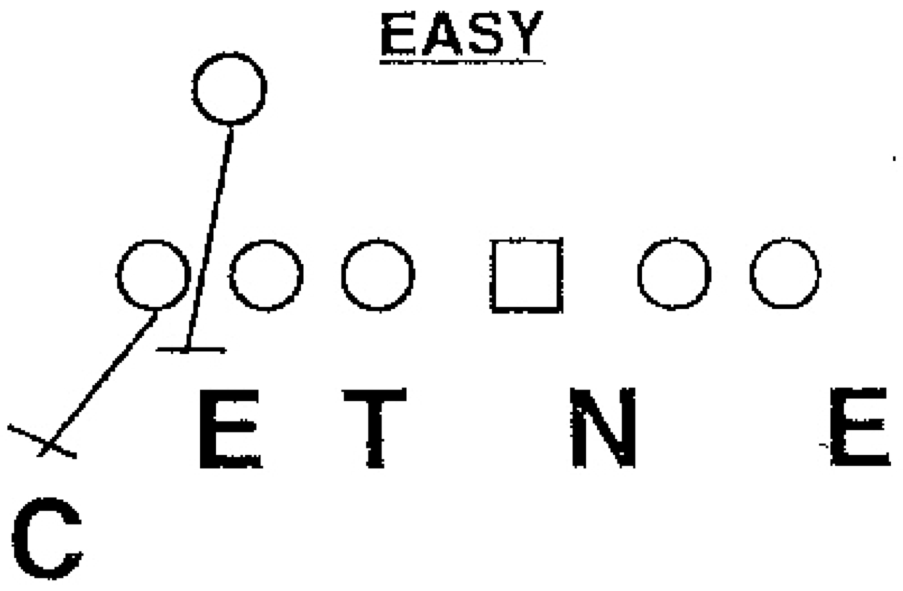
BOSS



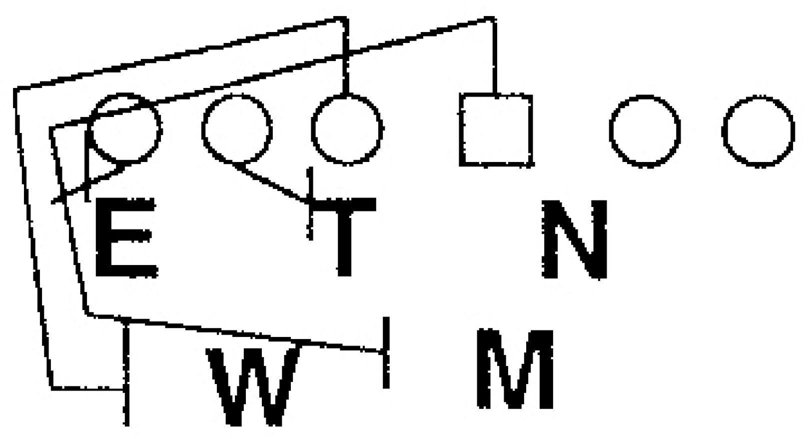
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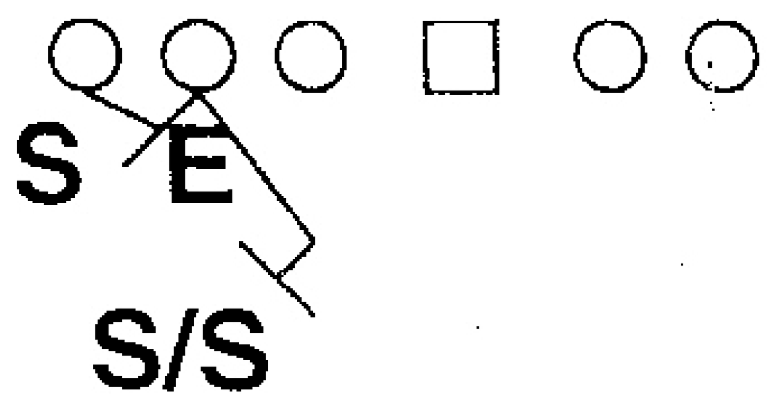
EASY



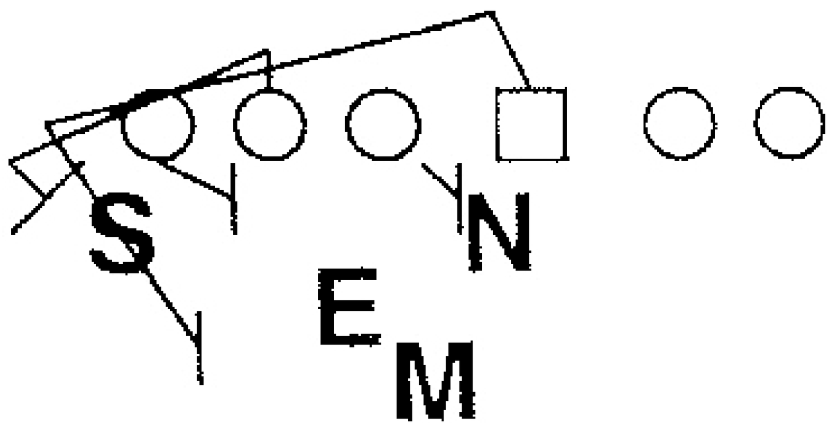
TUG C



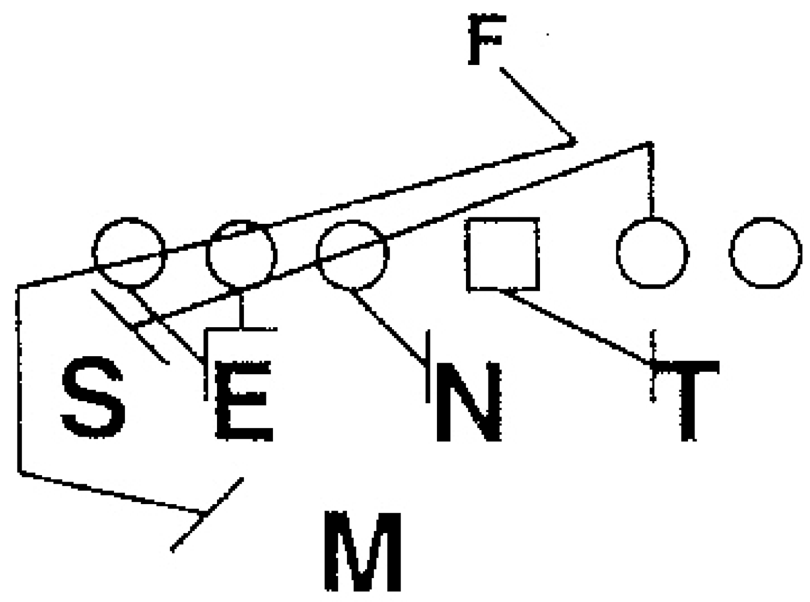
SAFETY CALL



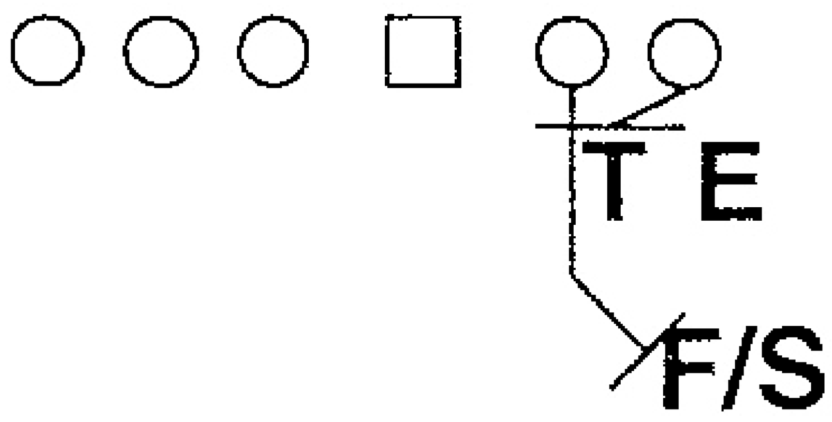
WIPE/U



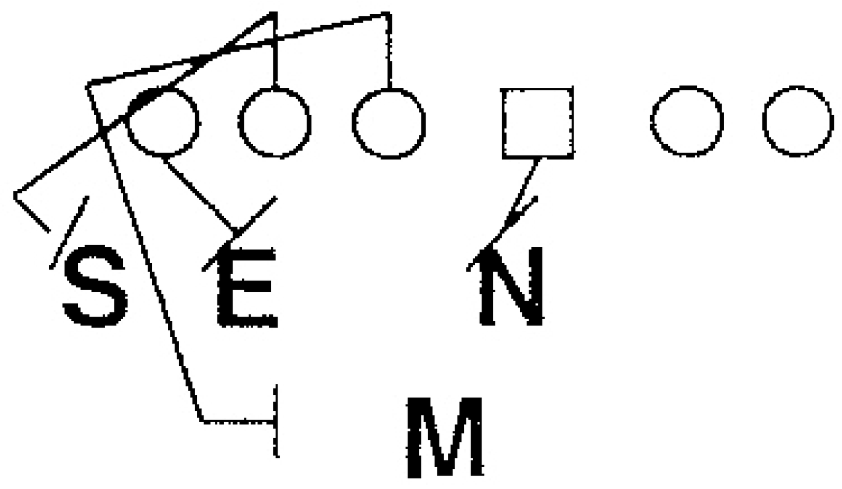
O.F.



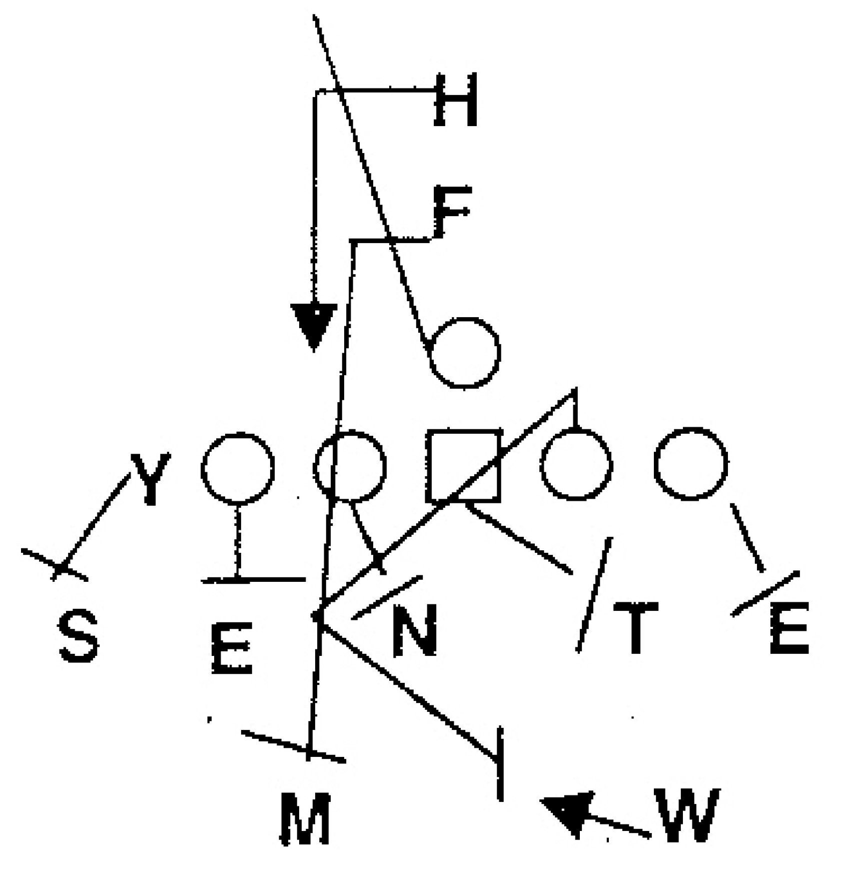
SAFETY CALL WEAK



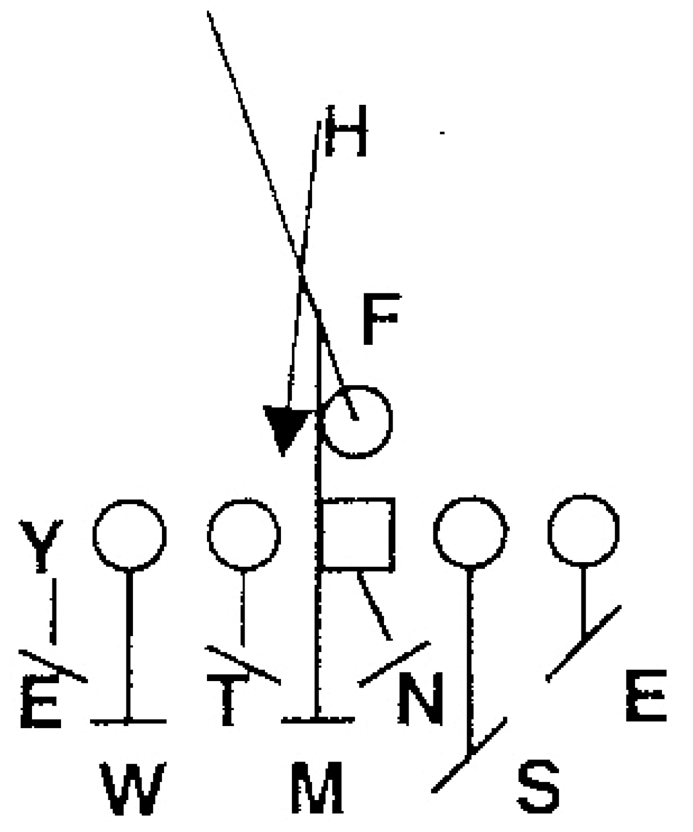
EXPRESS



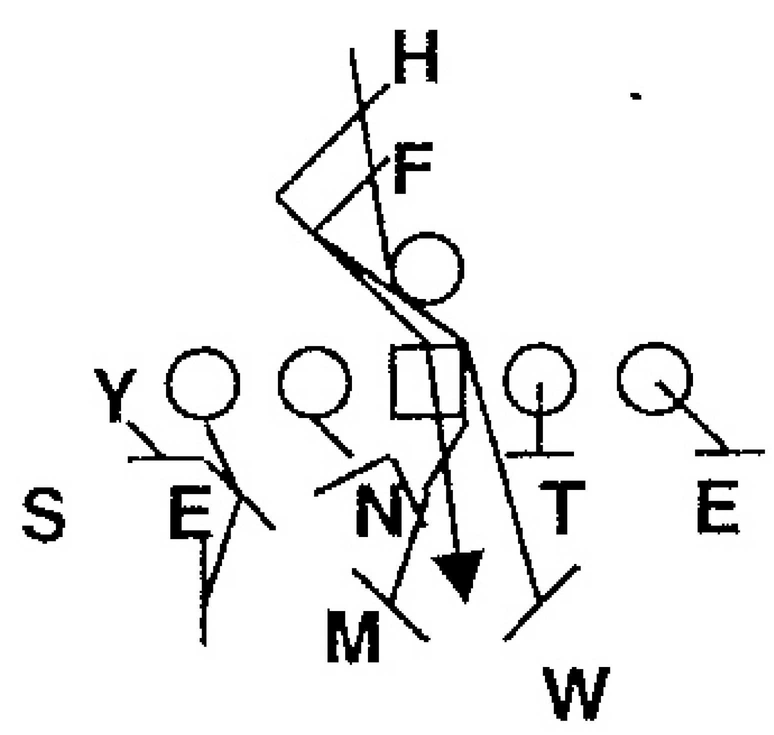
TIGHT END SIDE RUNS



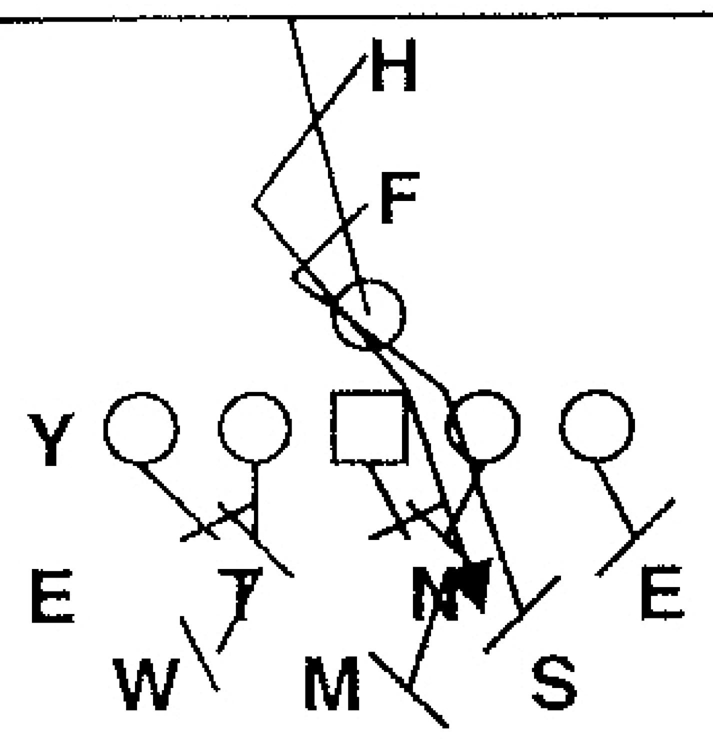
BEAR ISO



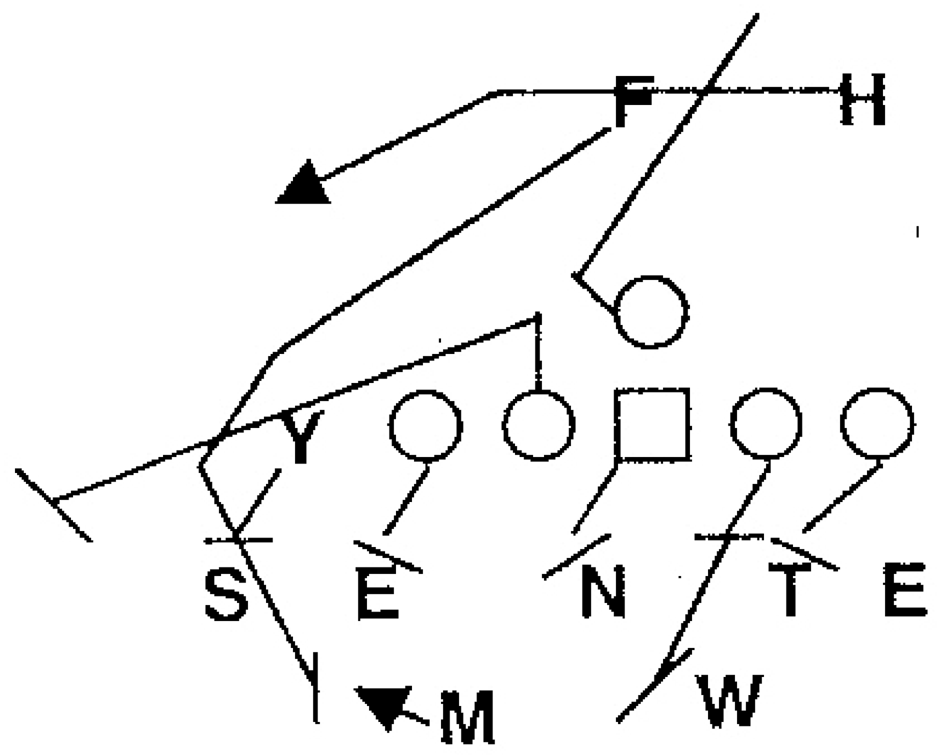
VIKING ISO



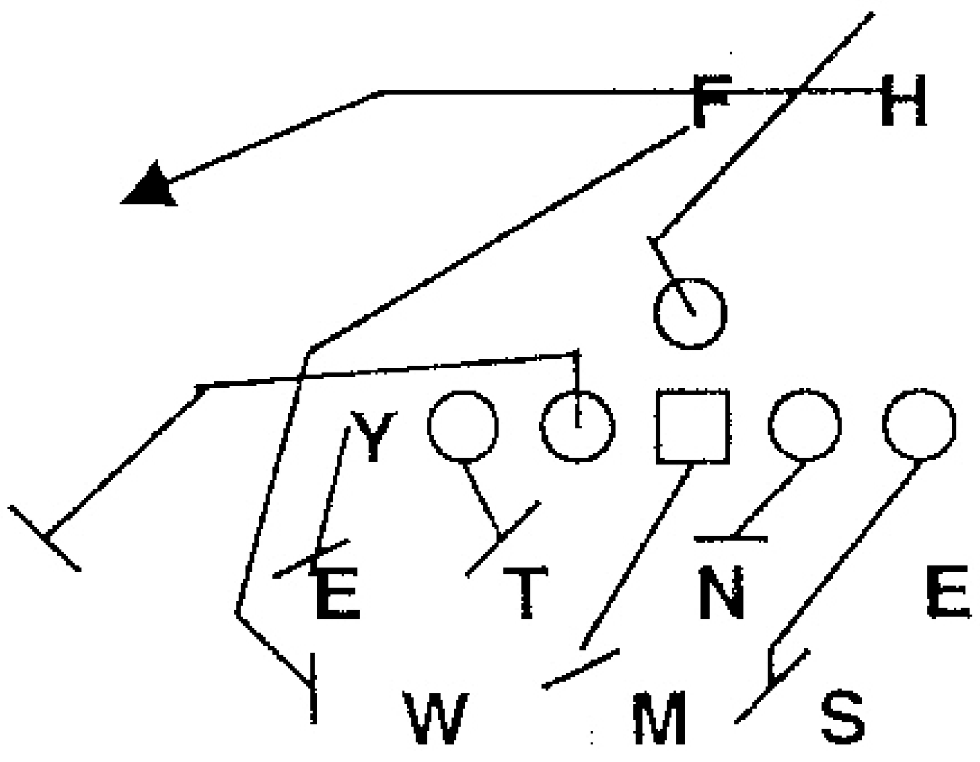
RAM BELLY



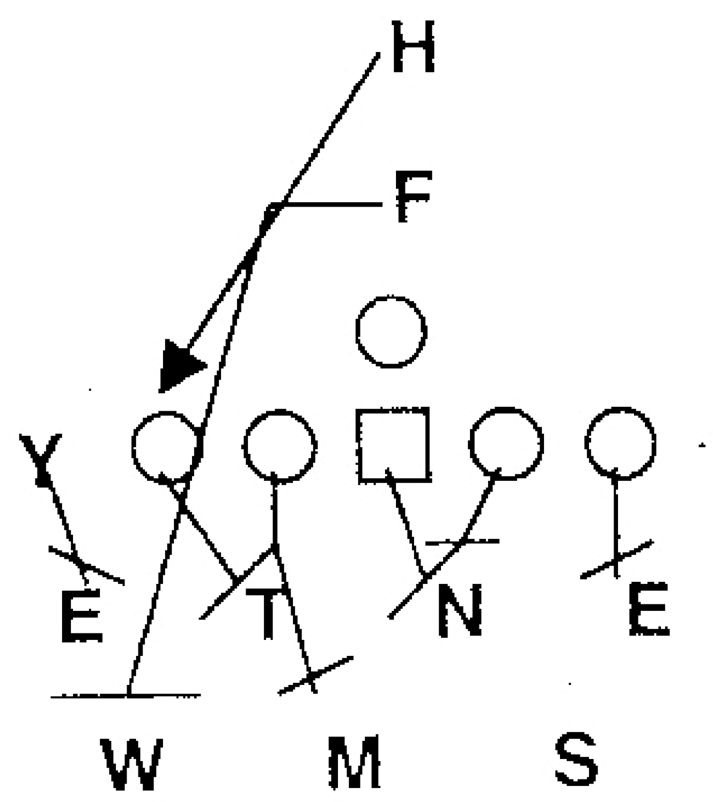
RAM BELLY



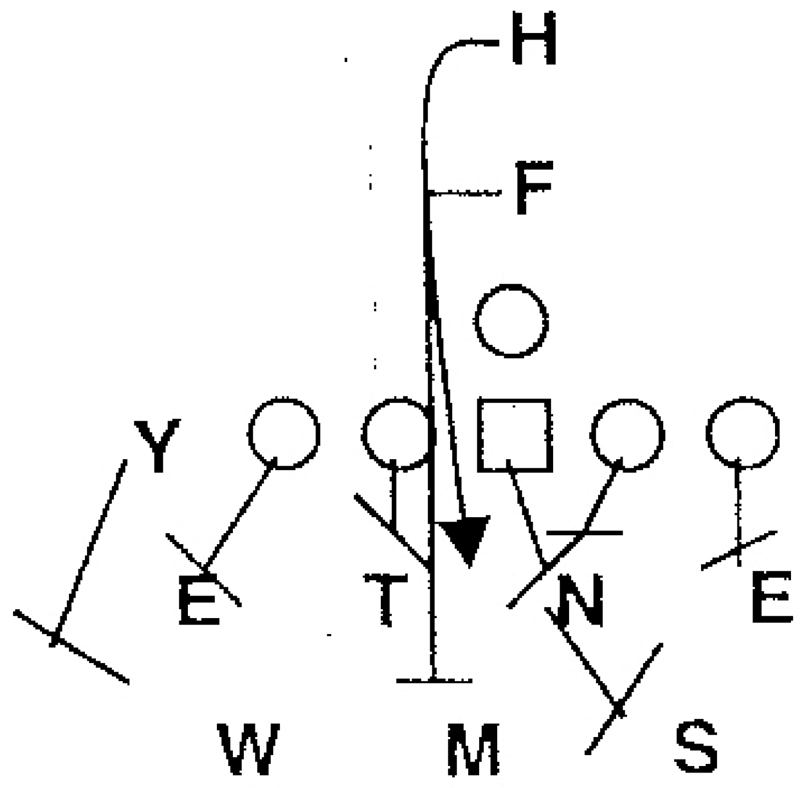
RIDE



RIDE

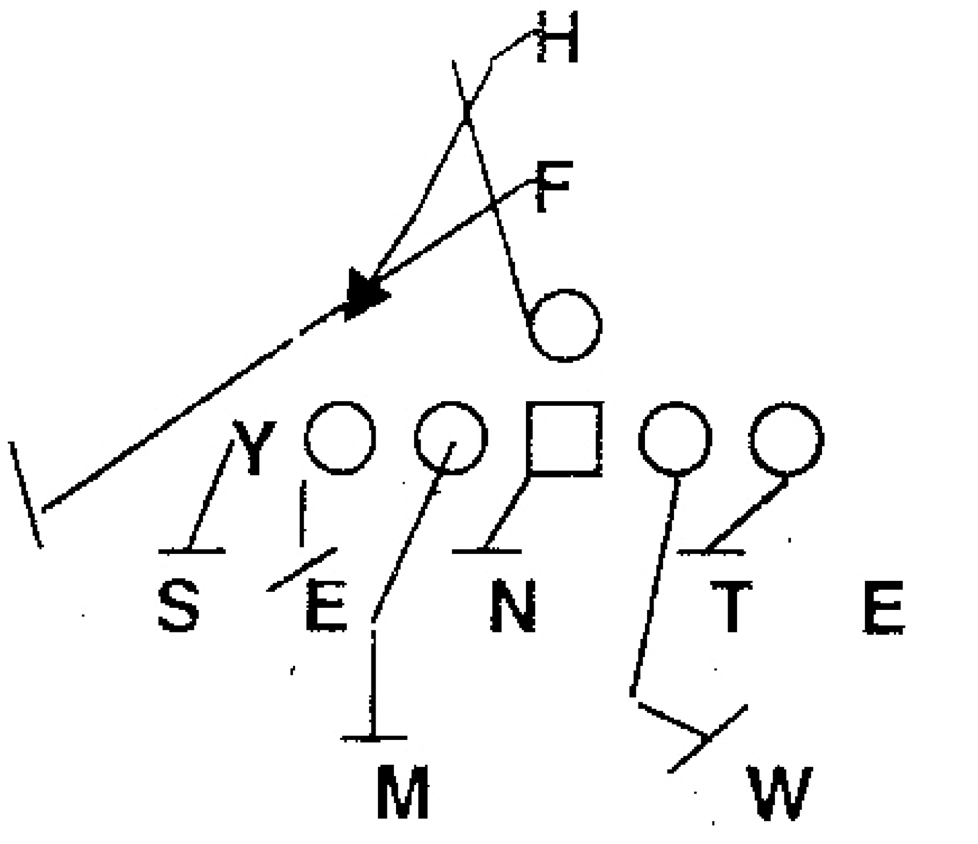


TAMPA ISO

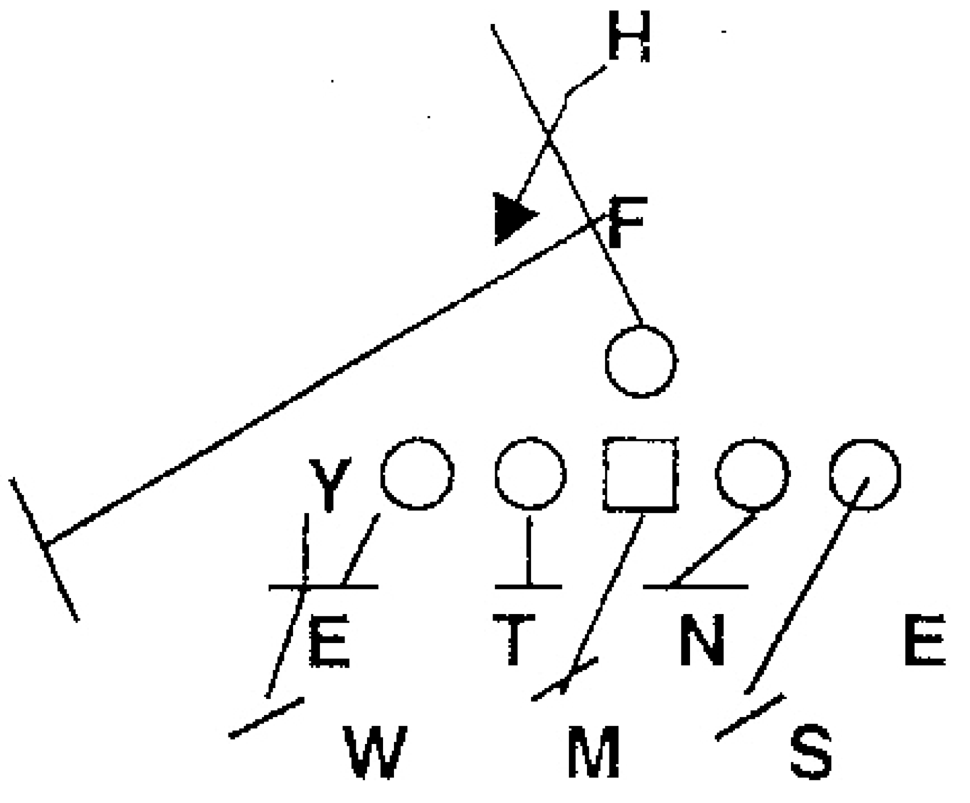


FAN ISO

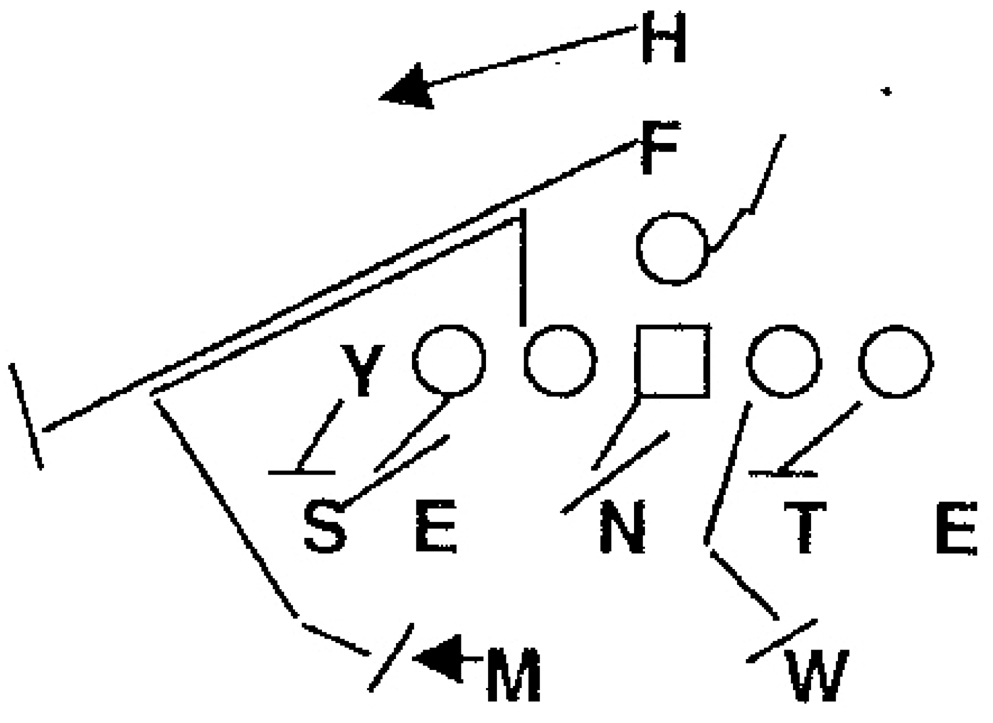
TIGHT END SIDE RUNS



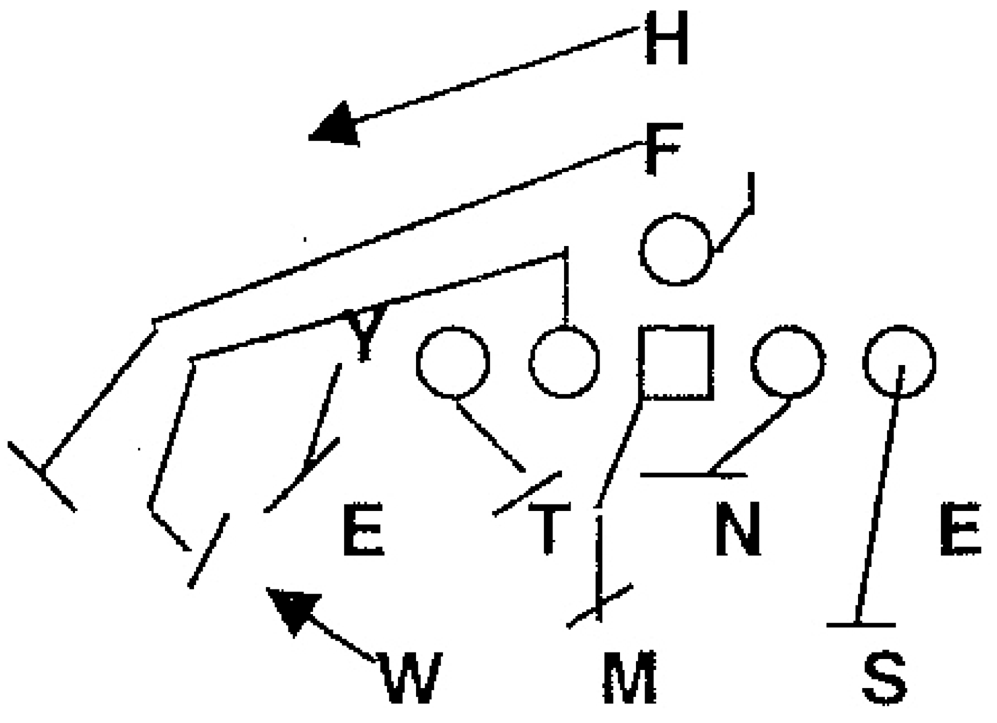
BELLY POSSIBLE SAFETY CALL WEAK



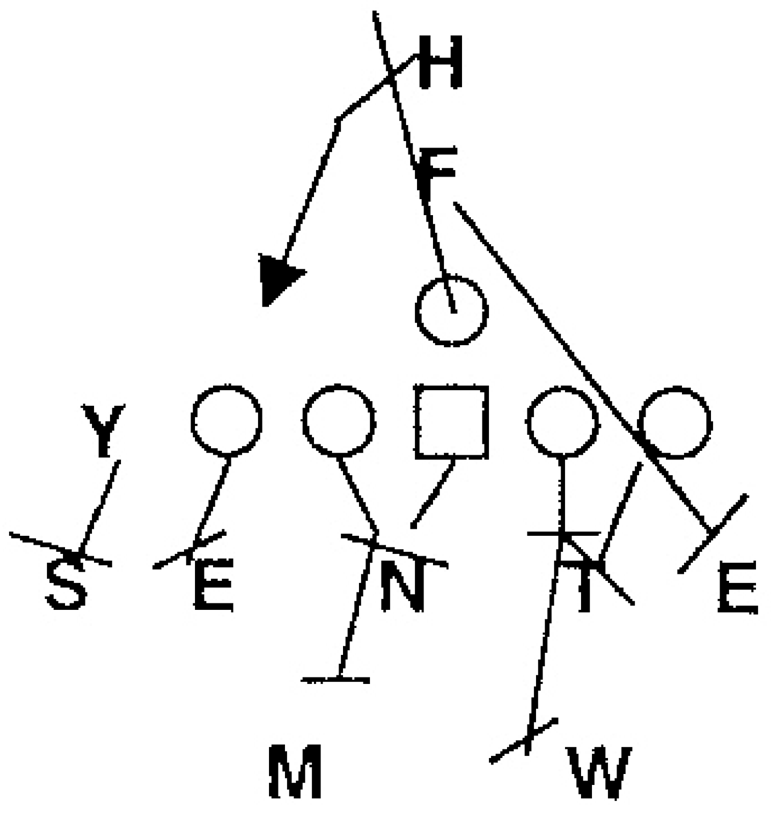
BELLY



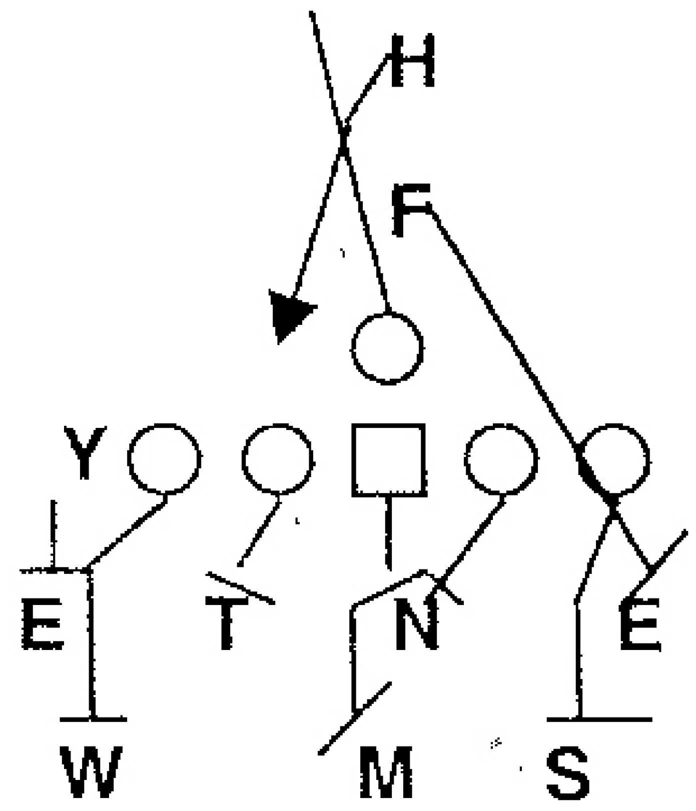
TOSS



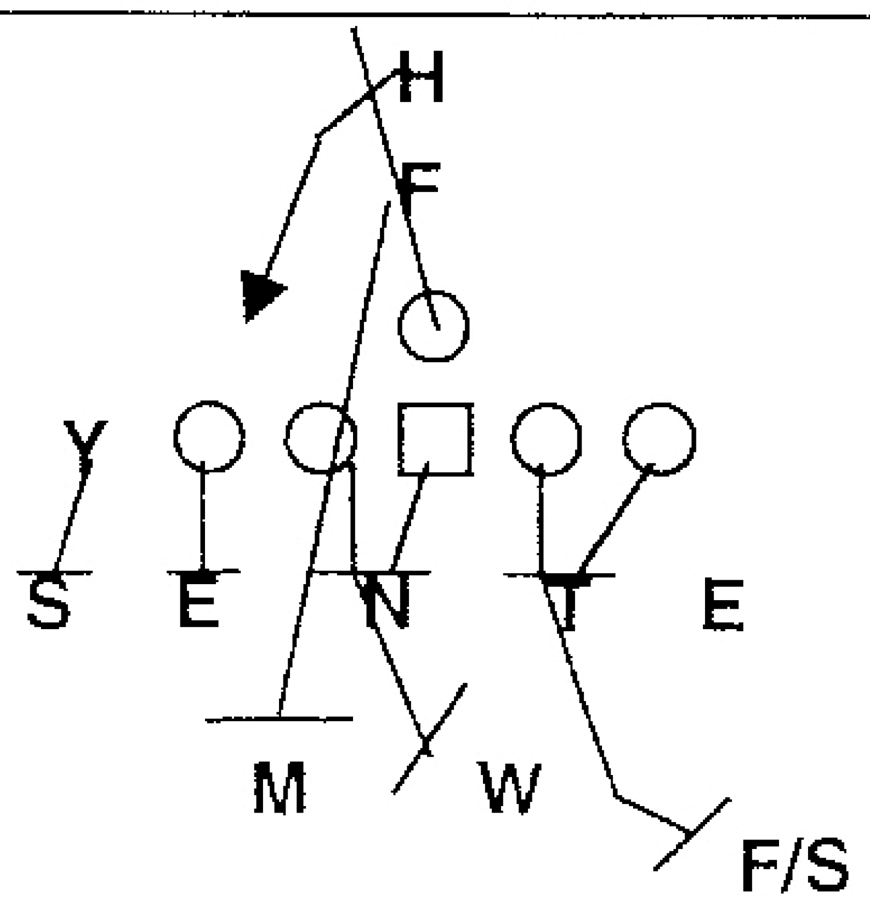
TOSS



SPLIT BELLY

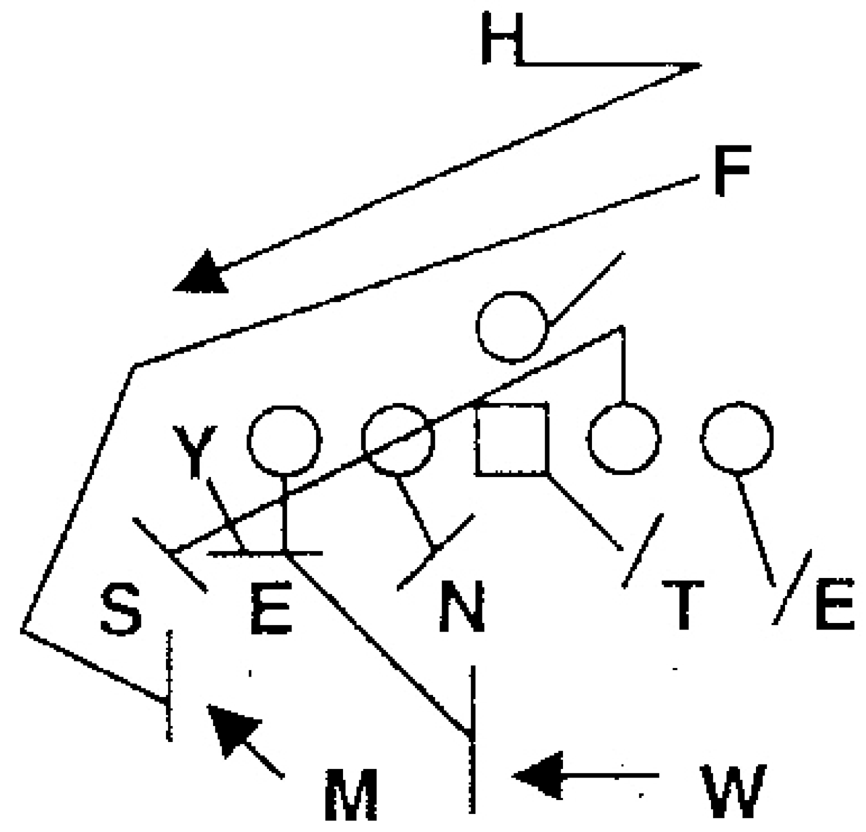


SPLIT BELLY

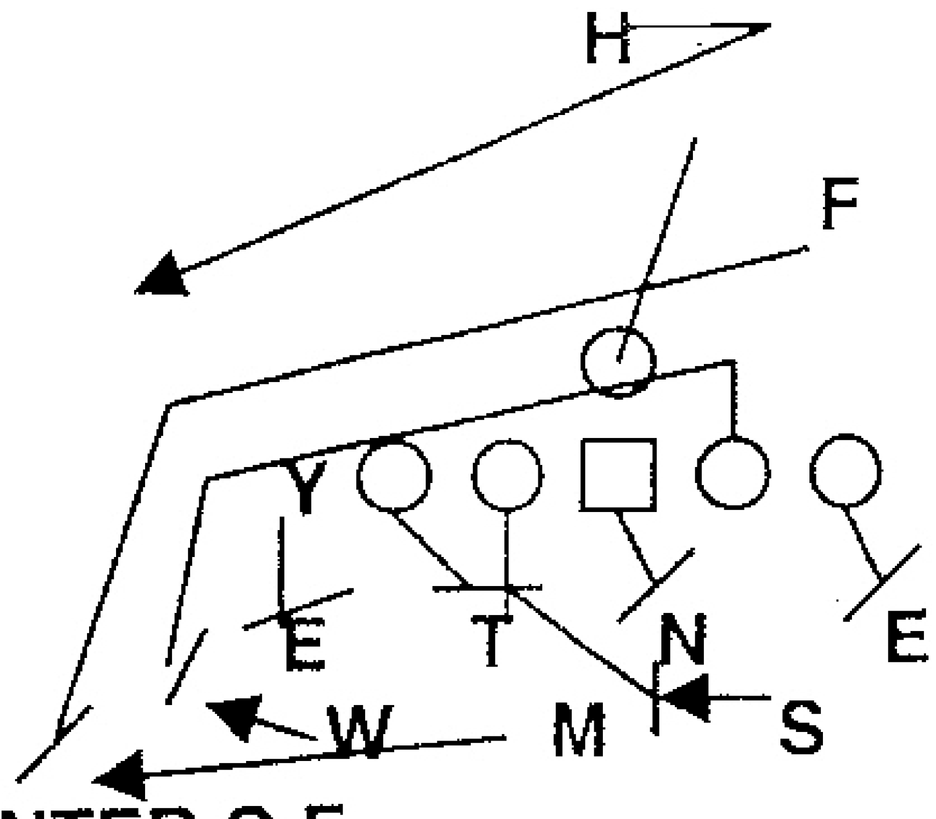


ISO STR. SAFETY CALL WEAK

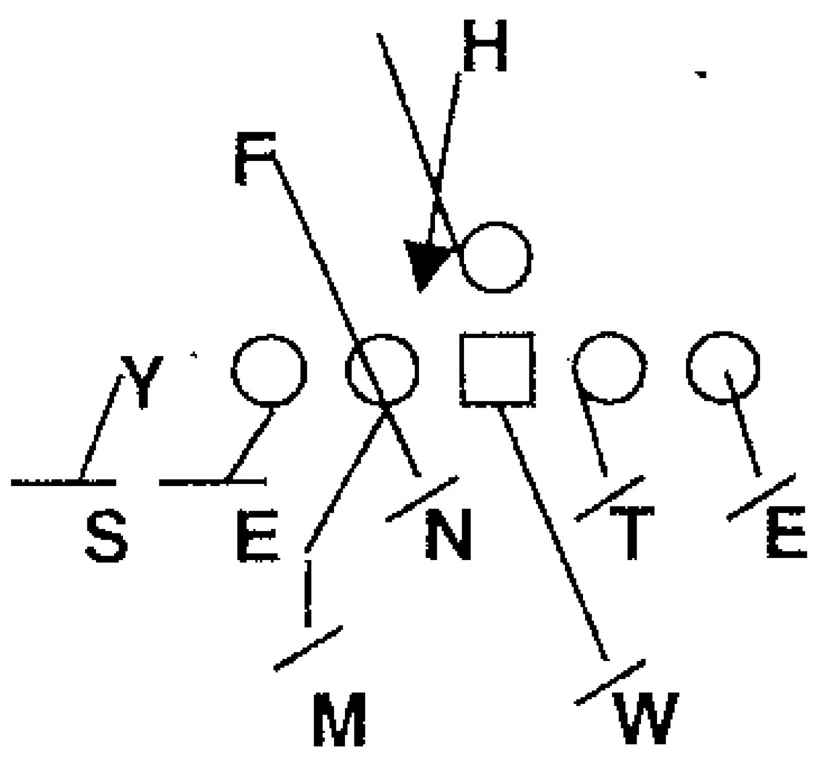
TIGHT END SIDE RUNS



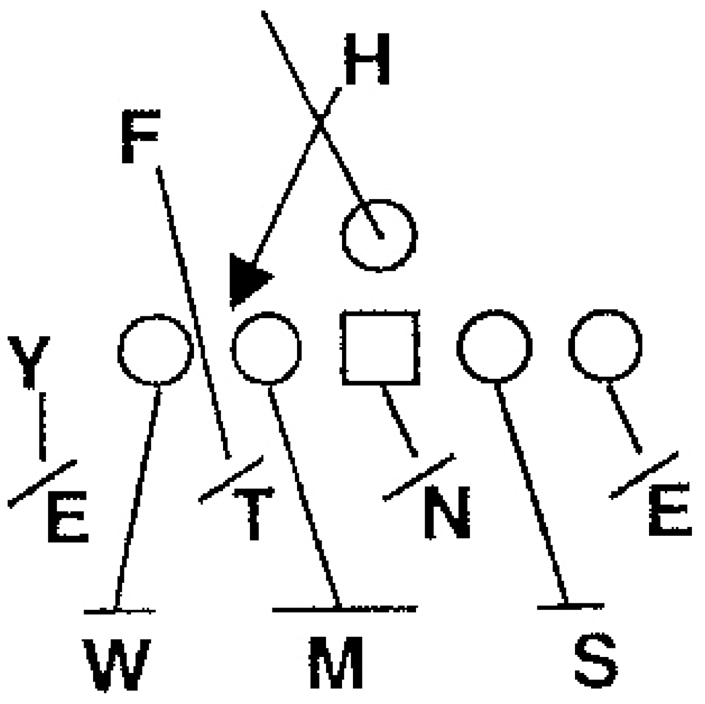
COUNTER O.F.



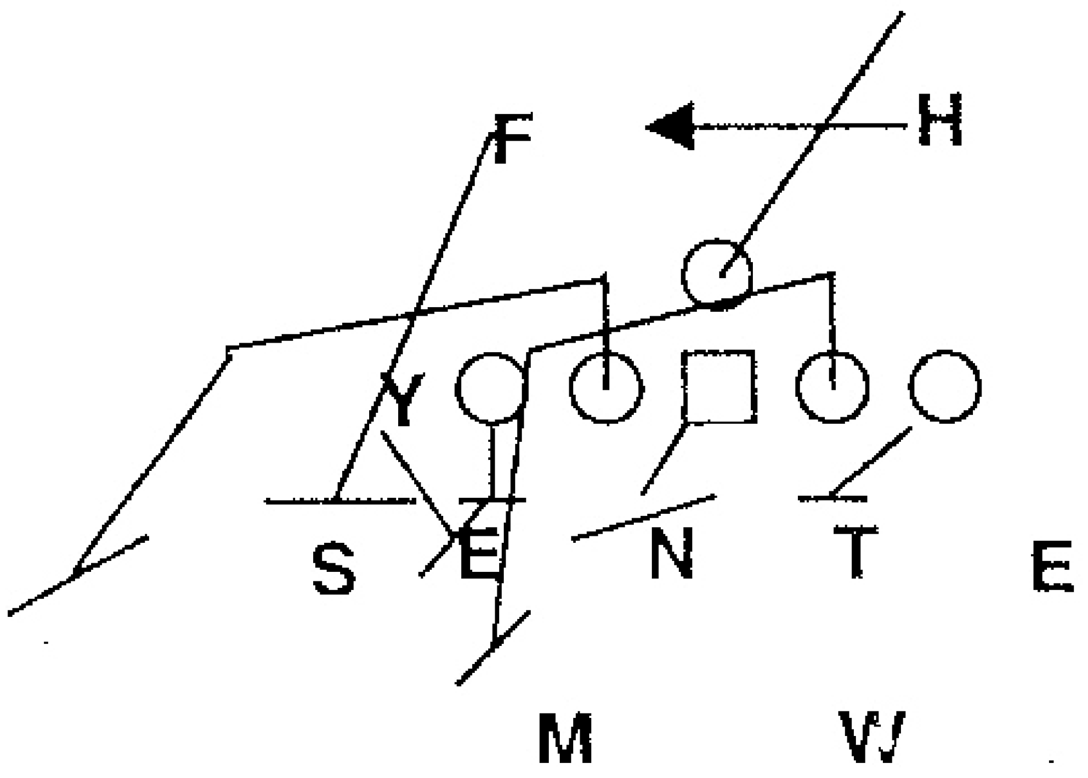
COUNTER O.F.



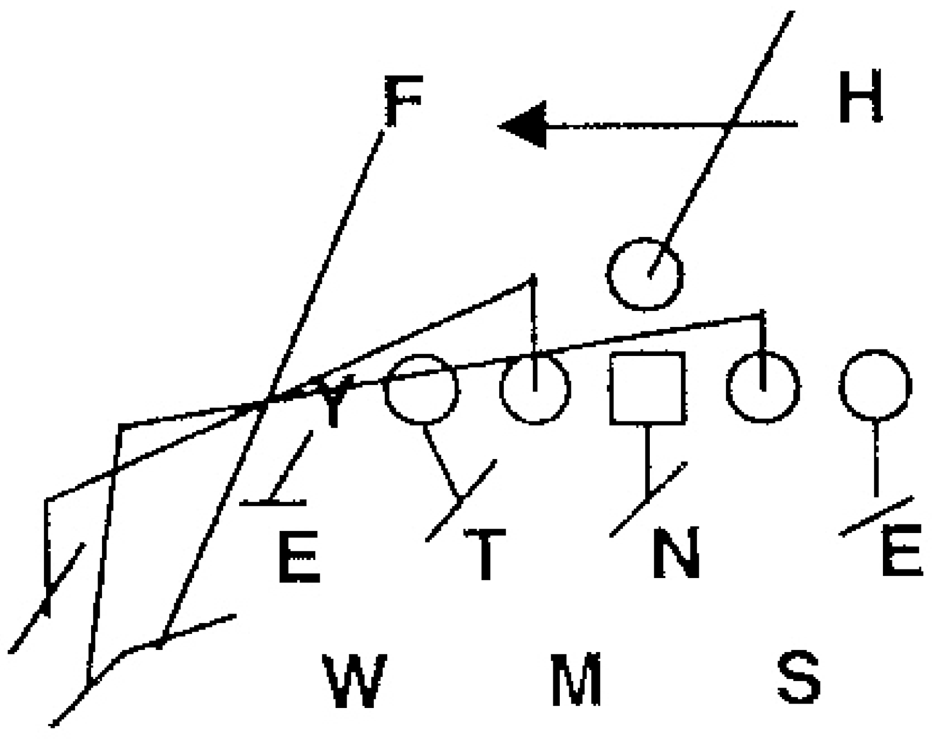
WHAM



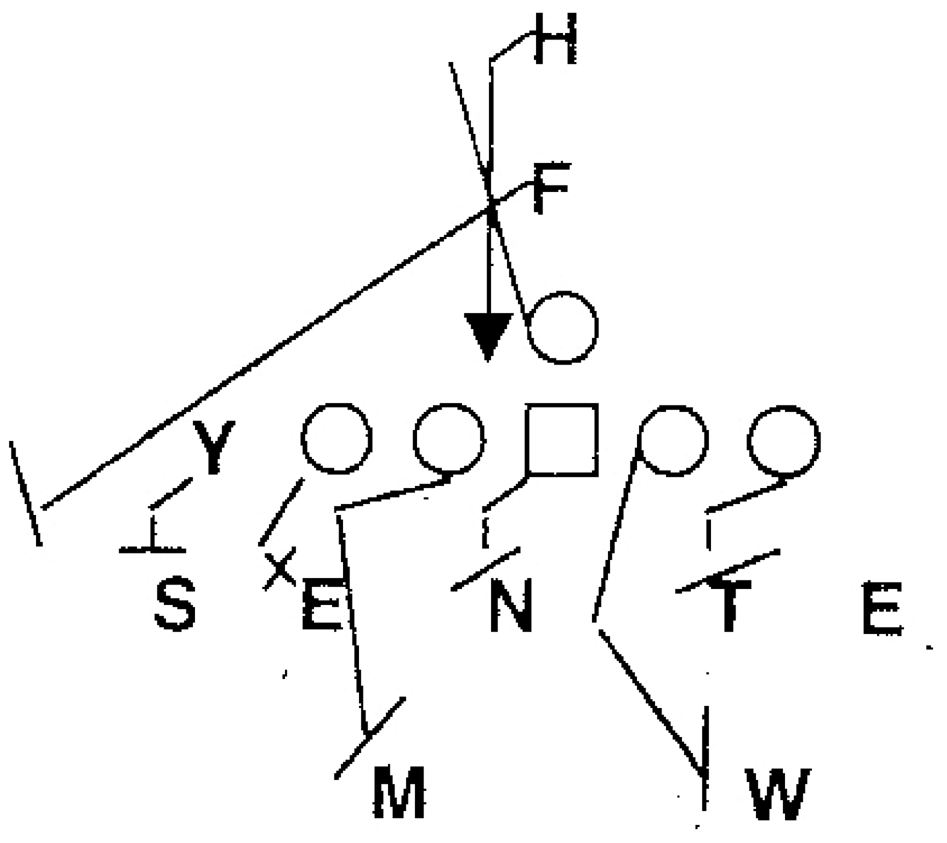
WHAM



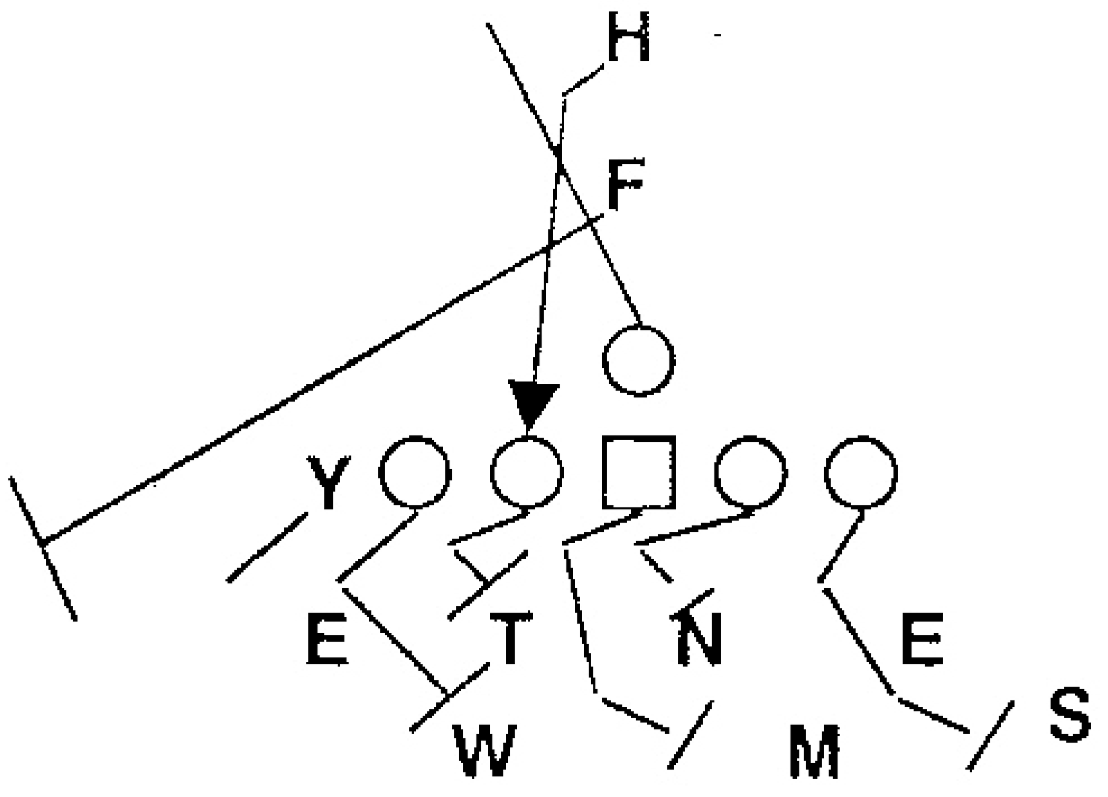
BOB SWEEP



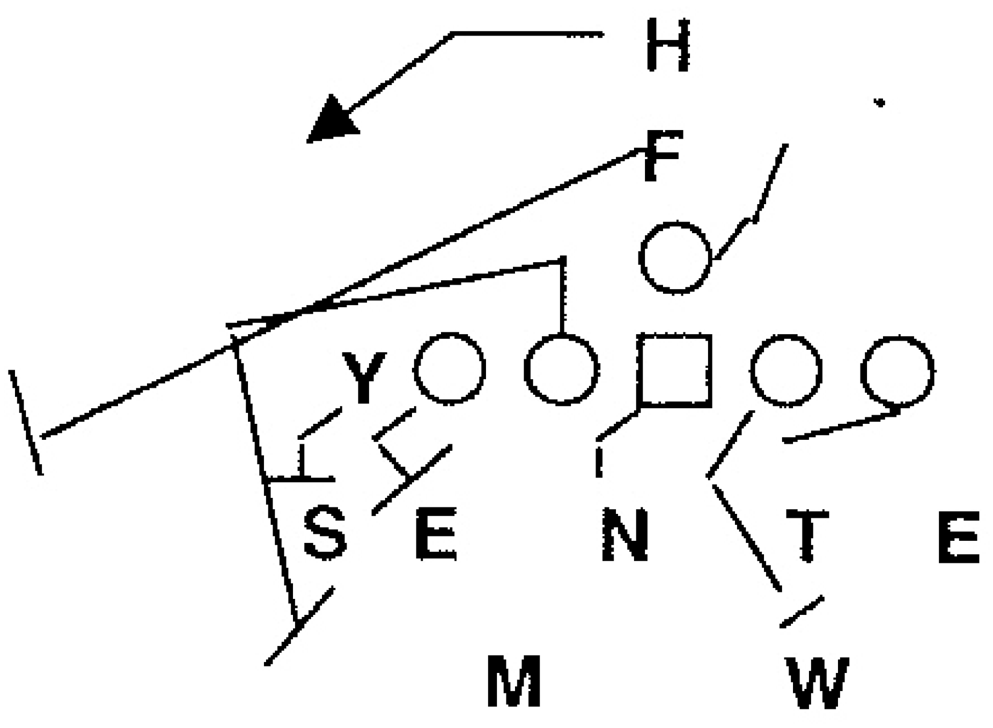
BOB SWEEP



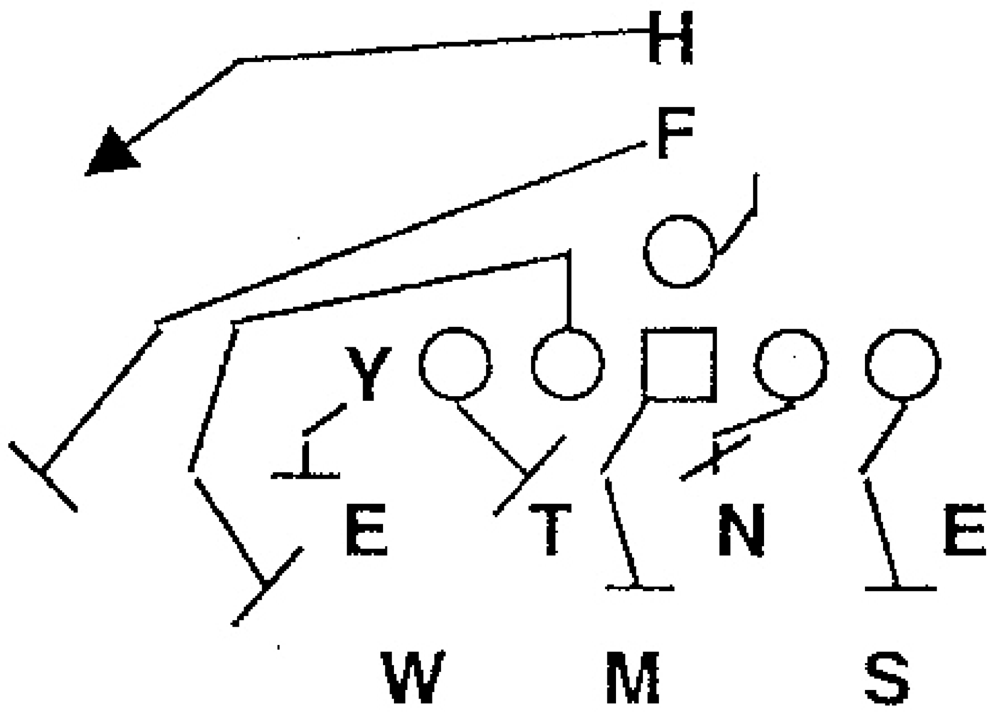
I BACK BELLY (FB BLOCKING FORCE)



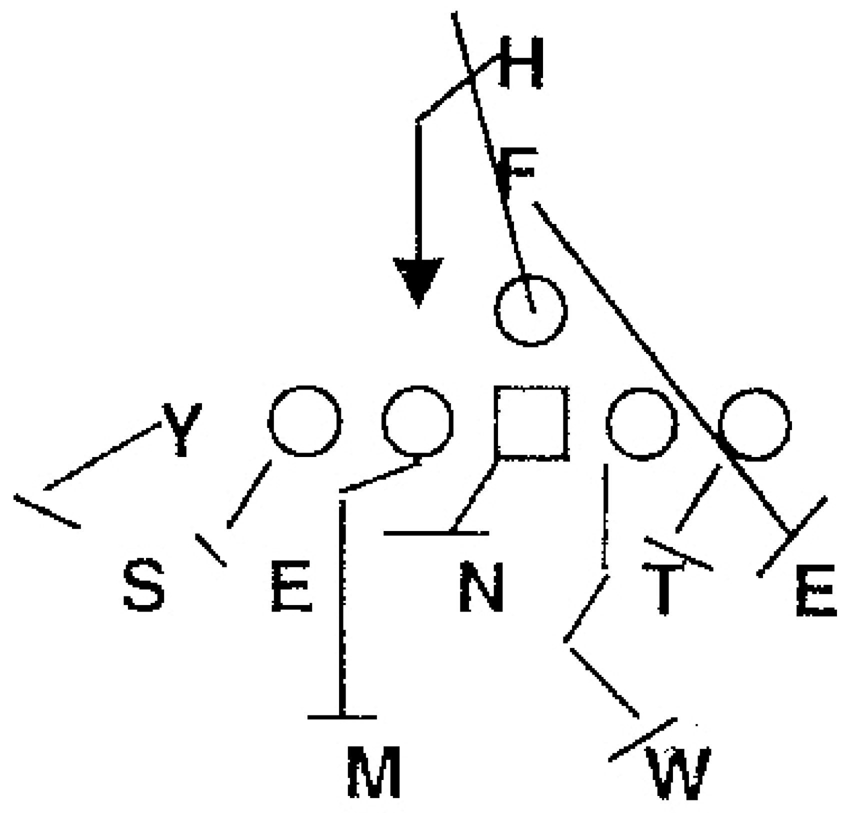
I BACK BELLY (FB BLOCKING FORCE)



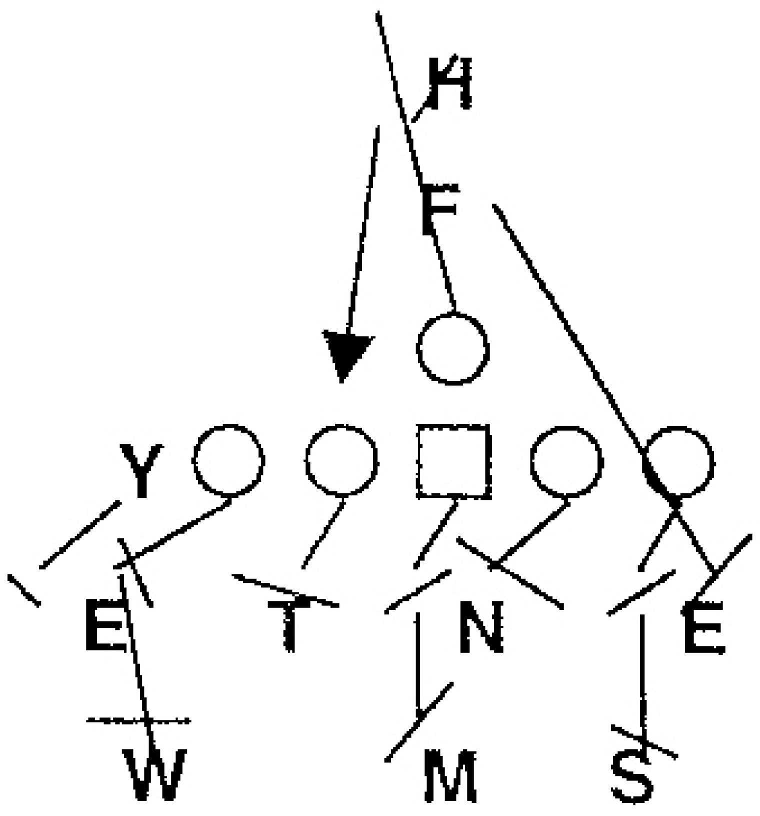
TOSS



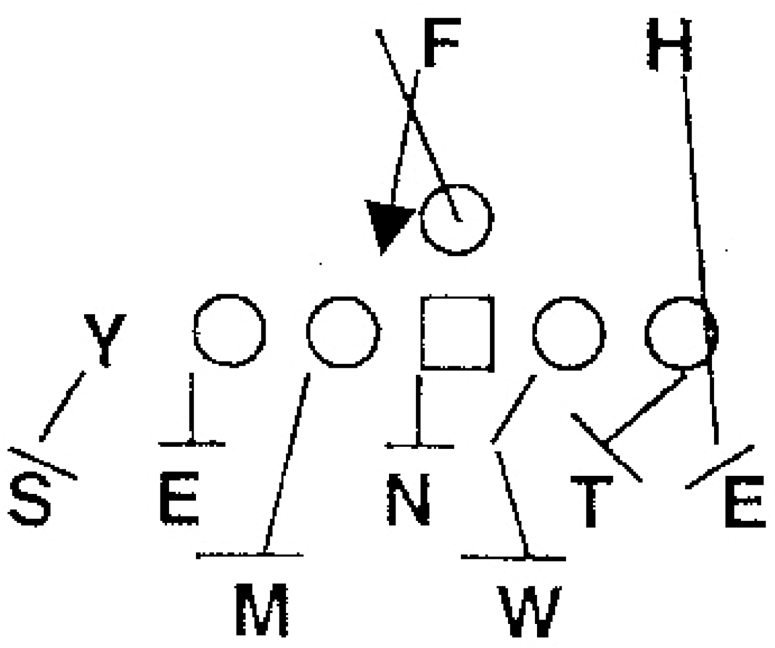
TOSS



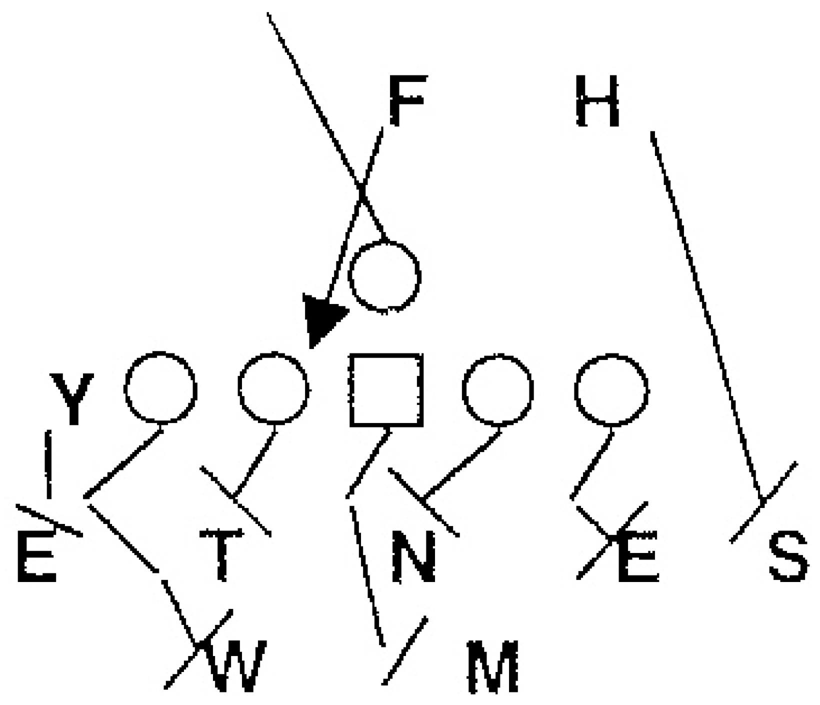
SPLIT BACK BELLY



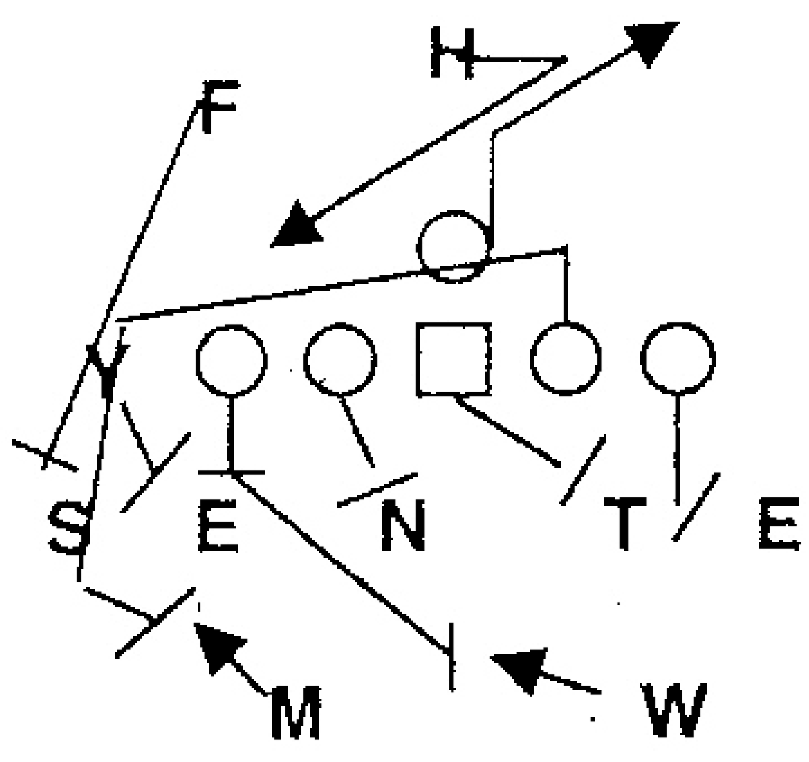
SPLIT BACK BELLY



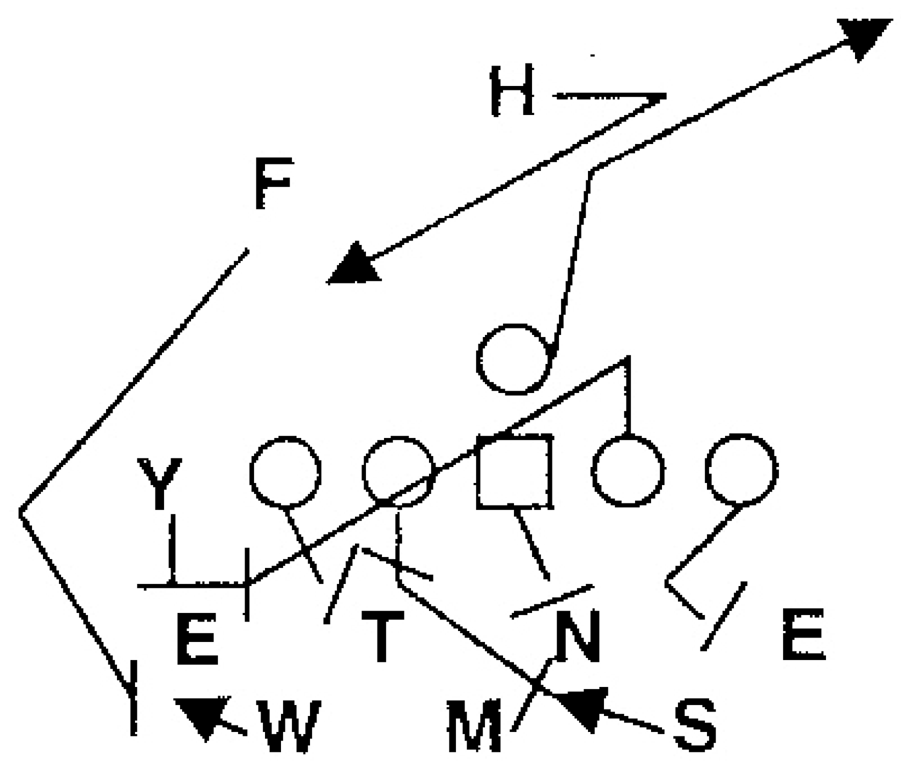
SPLIT BELLY (FB)



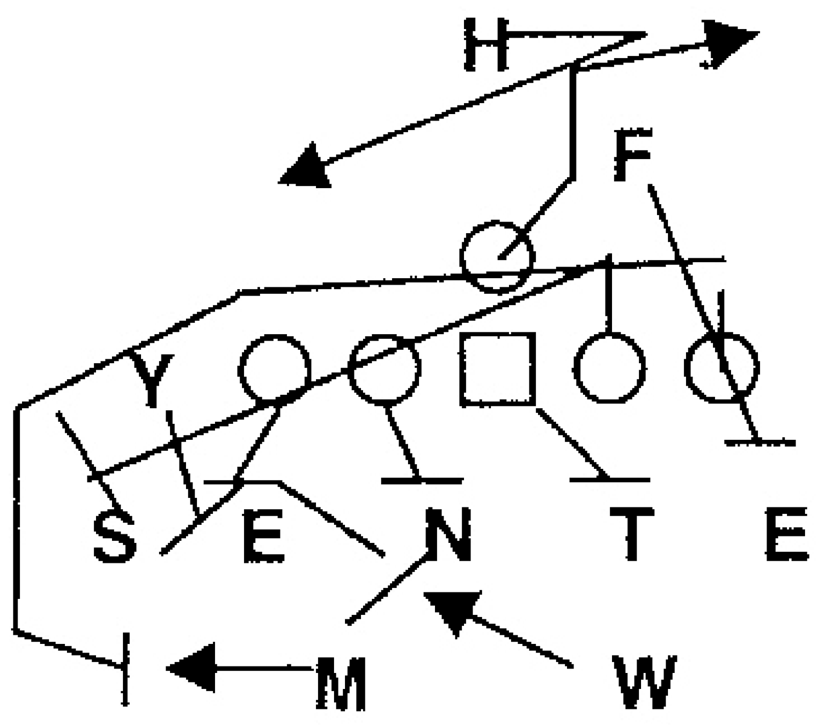
SPLIT BELLY (FB)



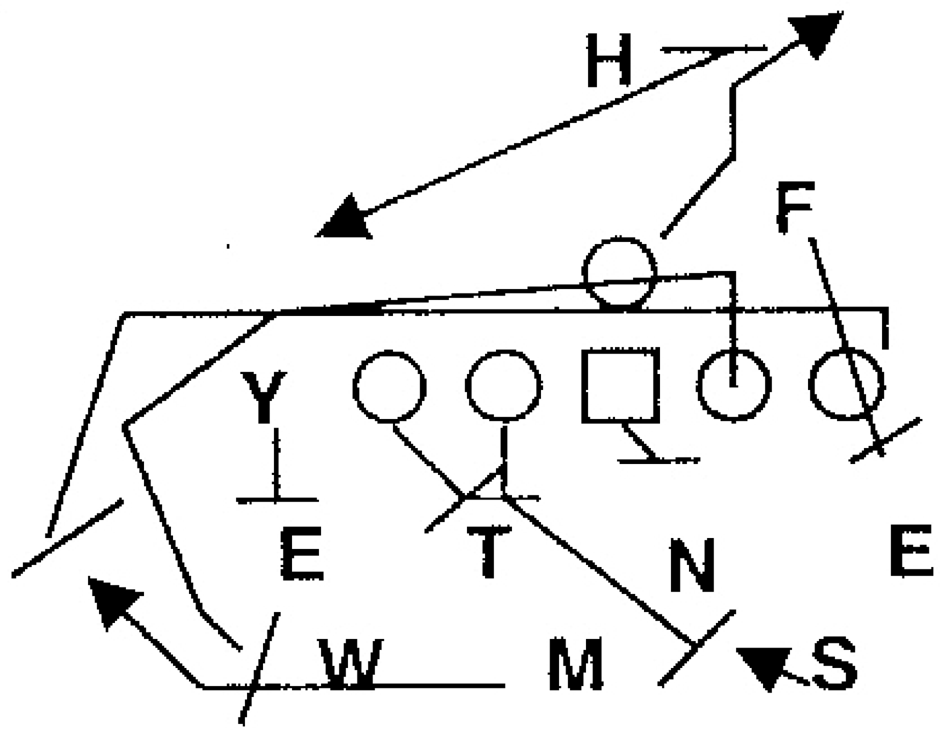
POWER O



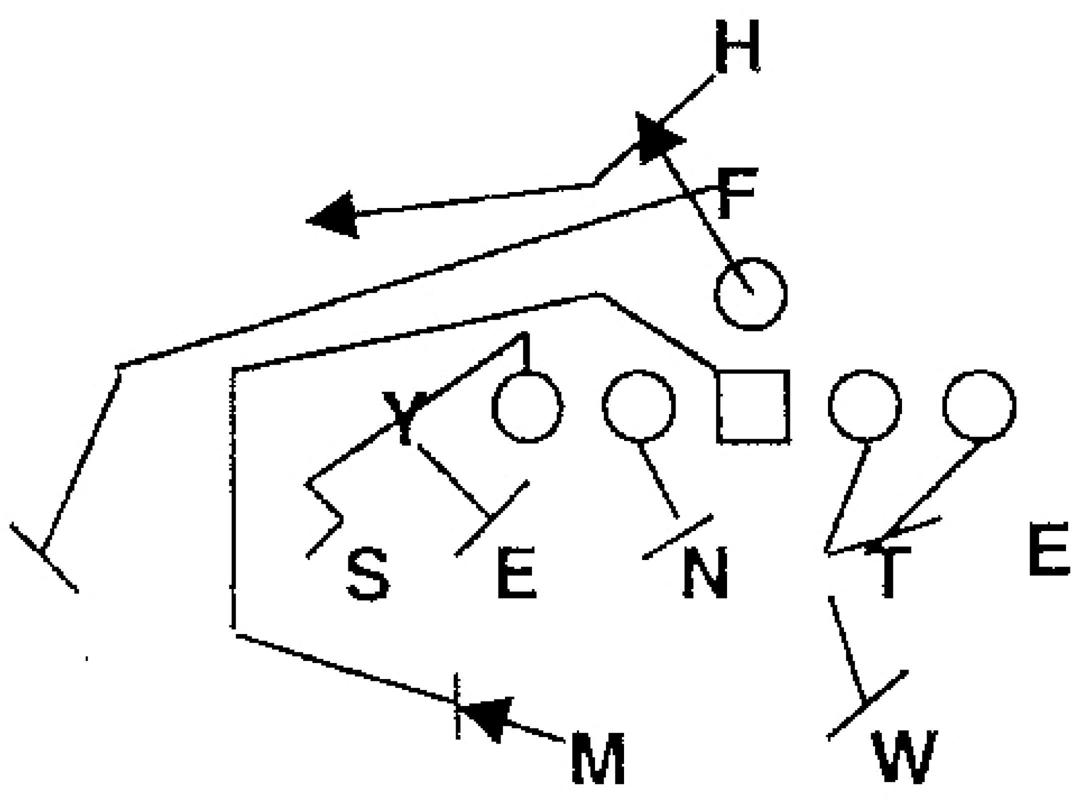
POWER O



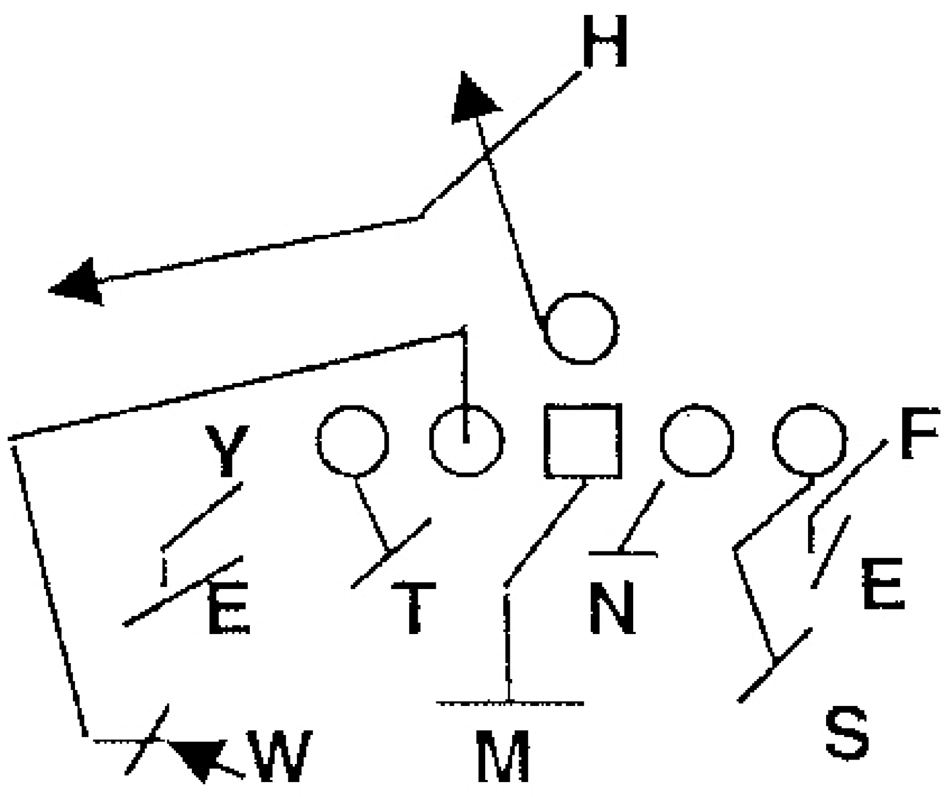
COUNTER OT



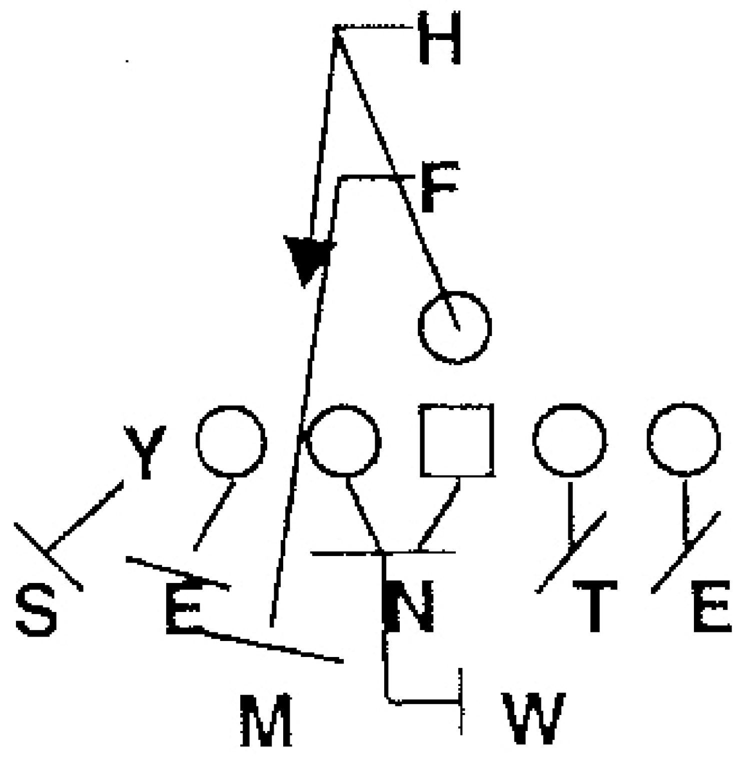
COUNTER OT



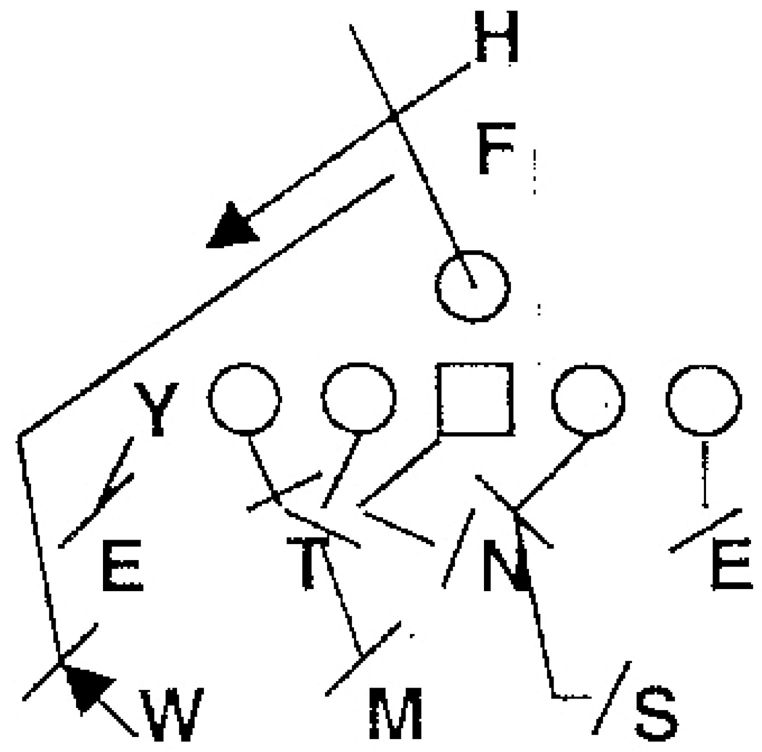
BOUNCE (WIPE U)



BOUNCE (TUG)

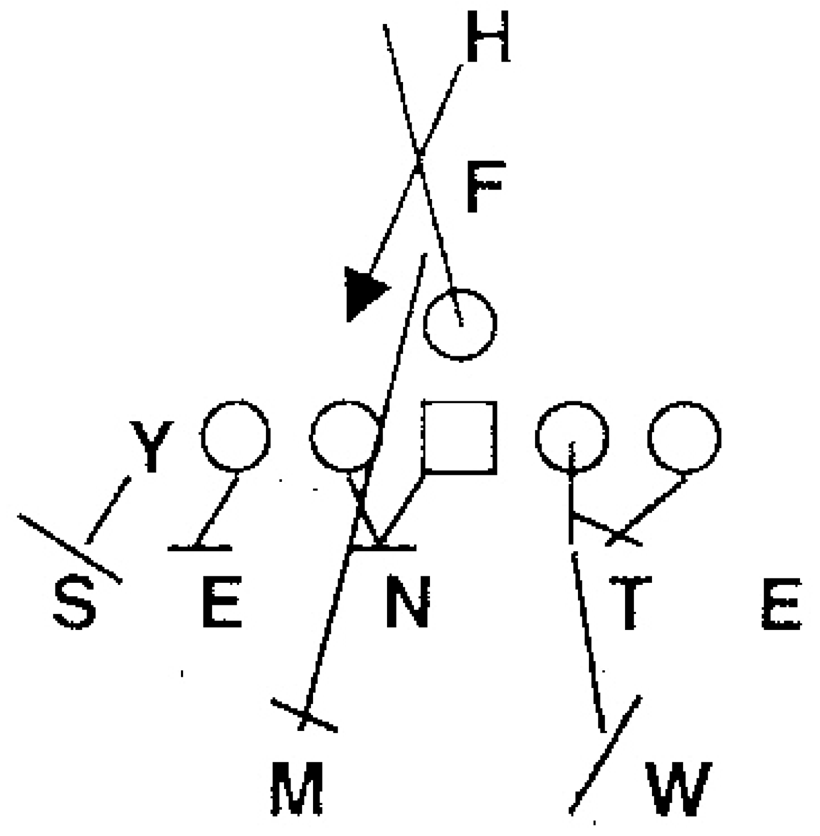


ISO DRAW

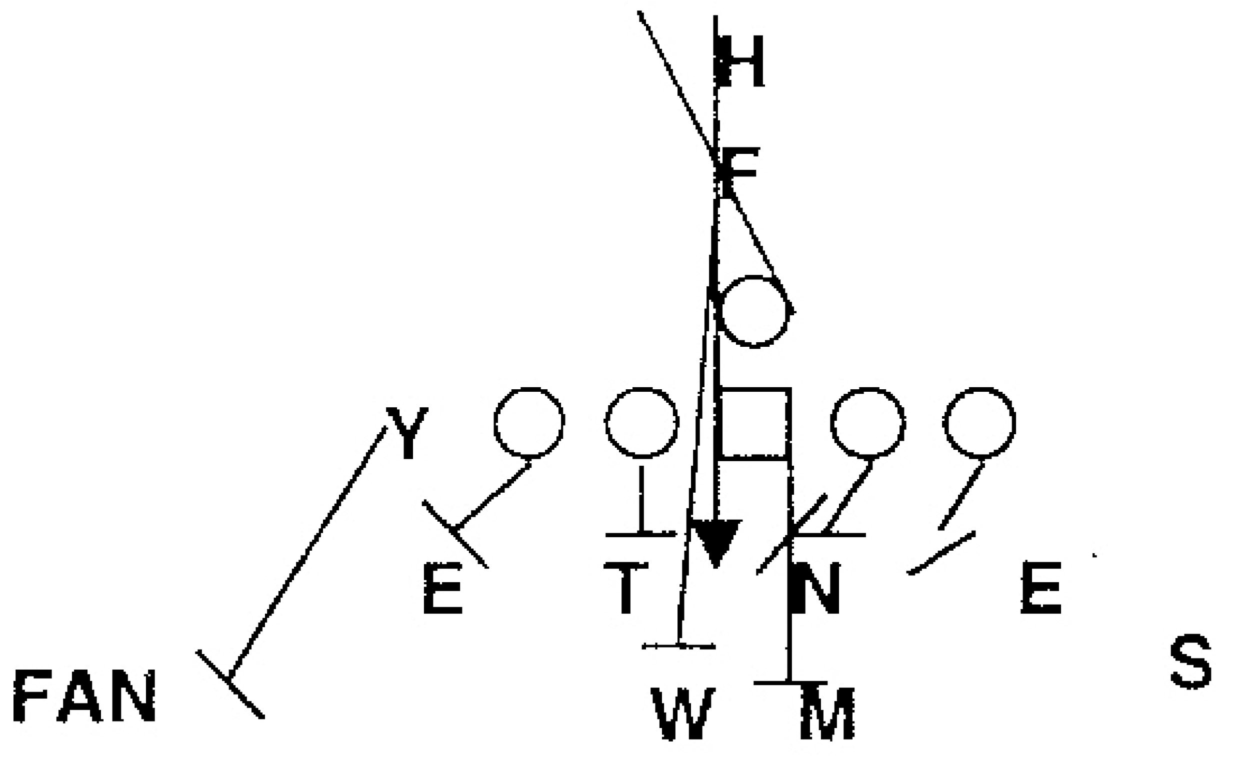


TAMPA
ISO

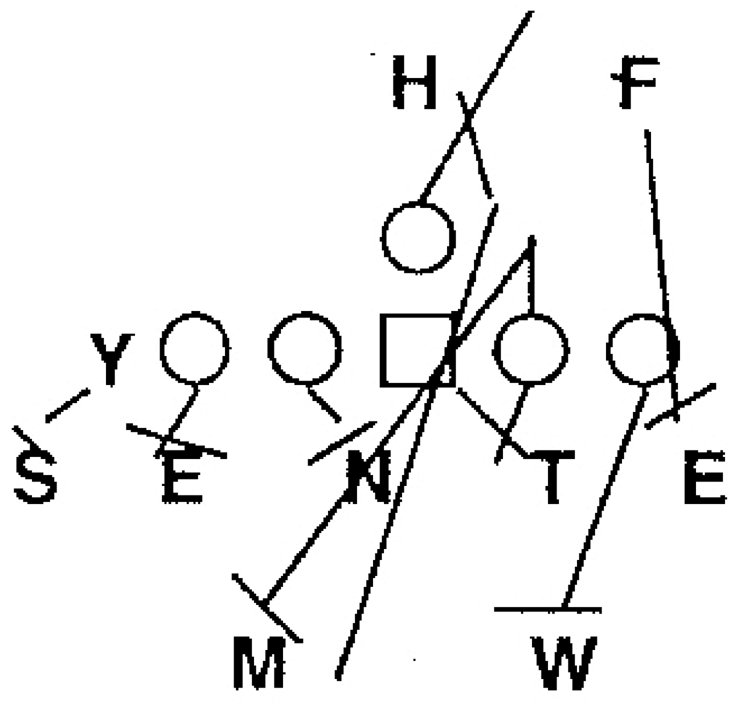
TIGHT END SIDE RUNS



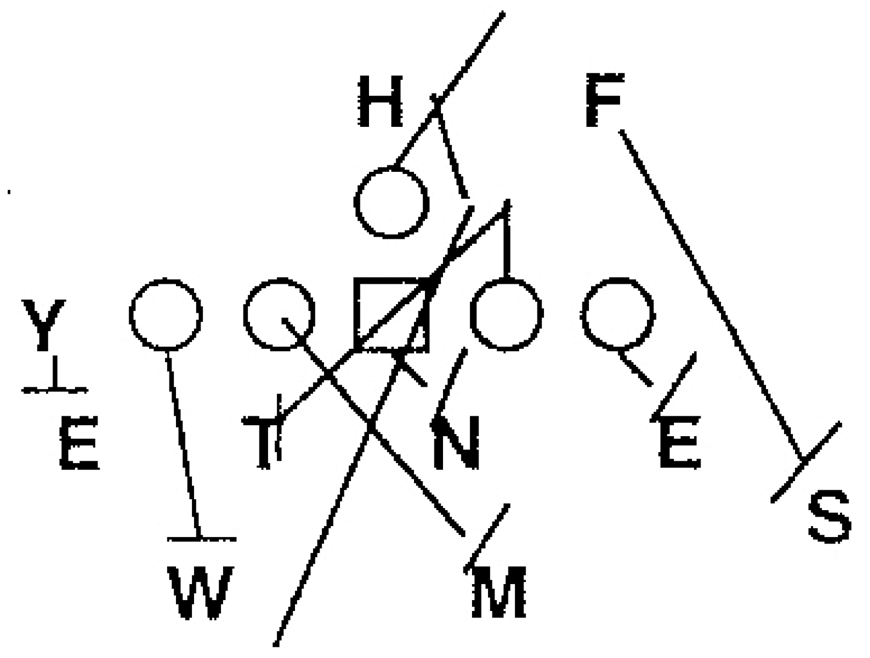
ISO



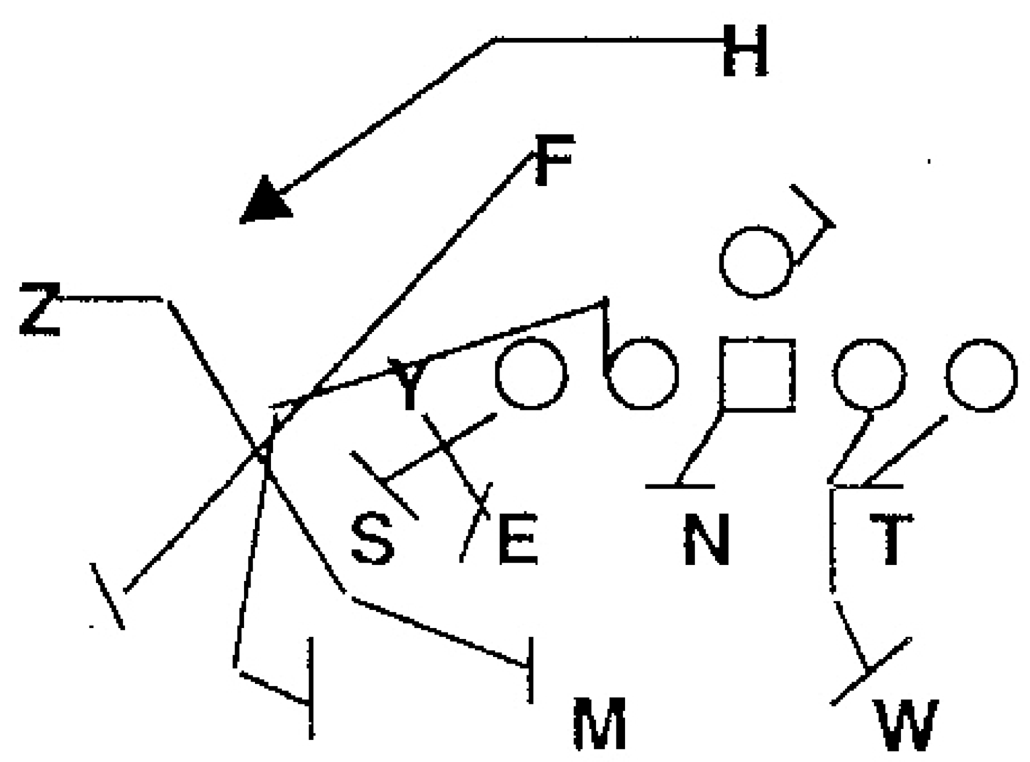
ISO



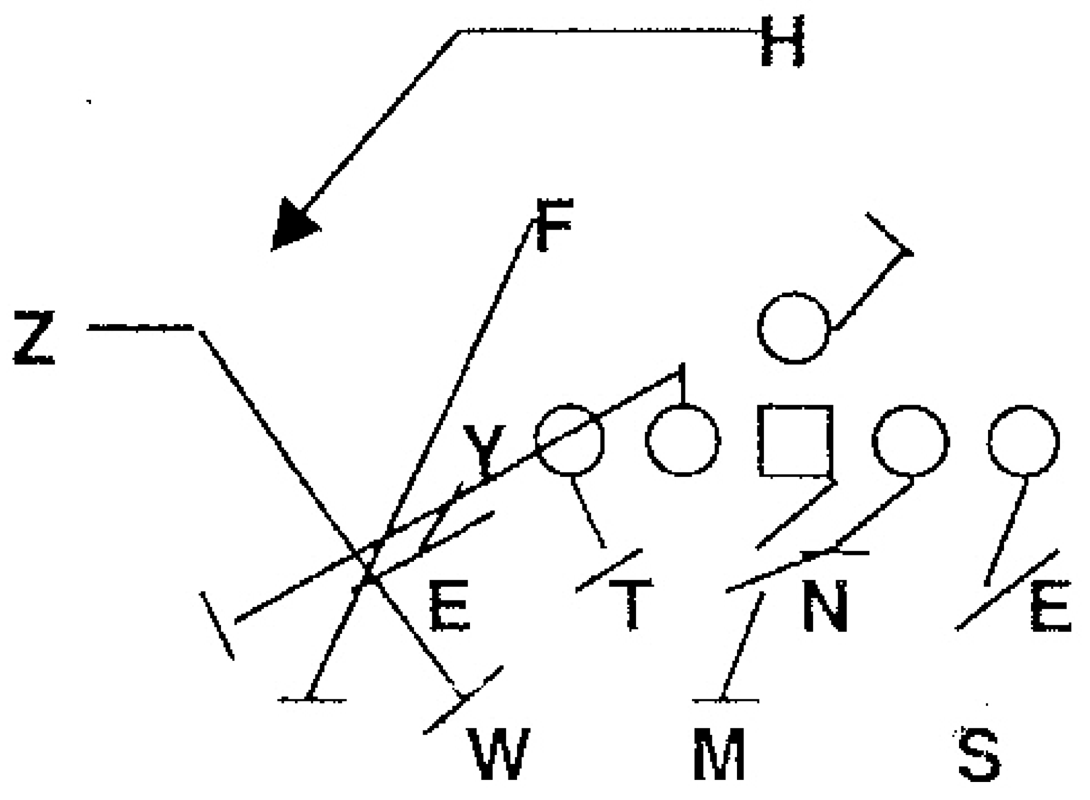
TRAP (FOLD)



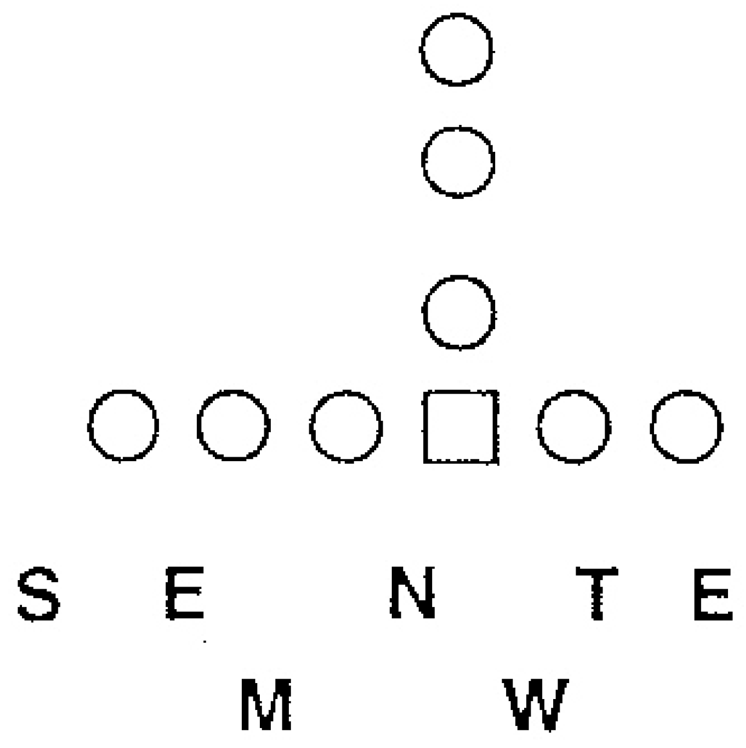
TRAP (FOLD)

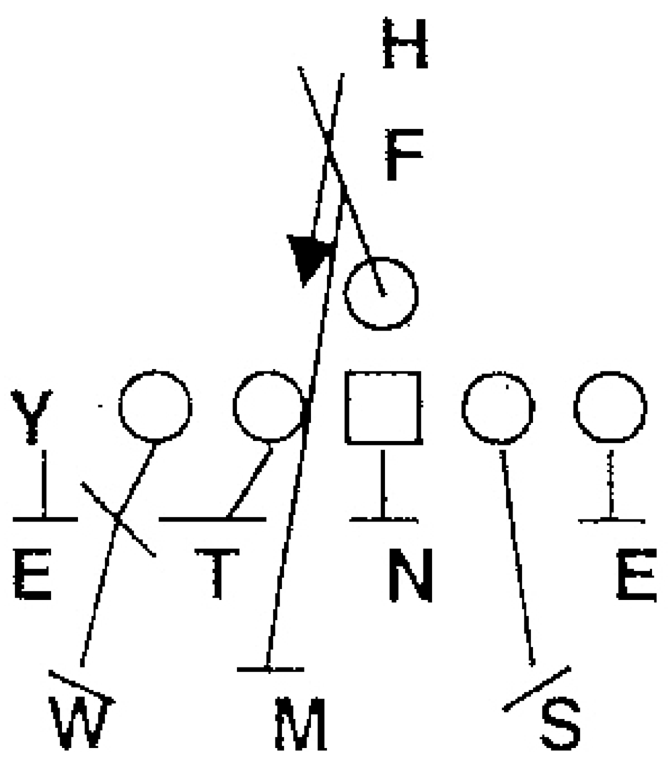


TOSS (CRACK)



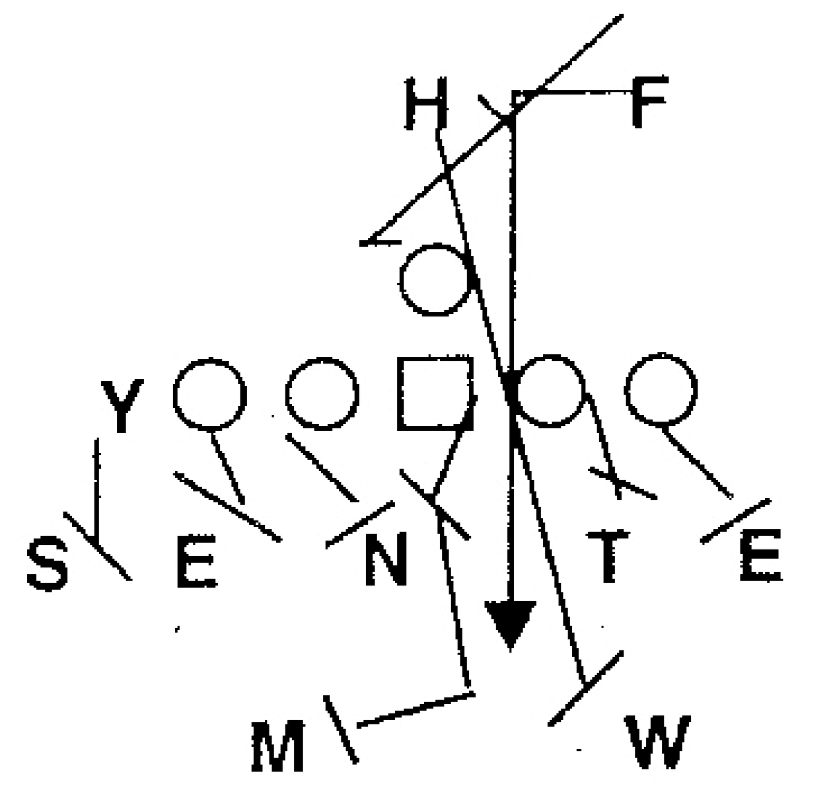
TOSS (CRACK)



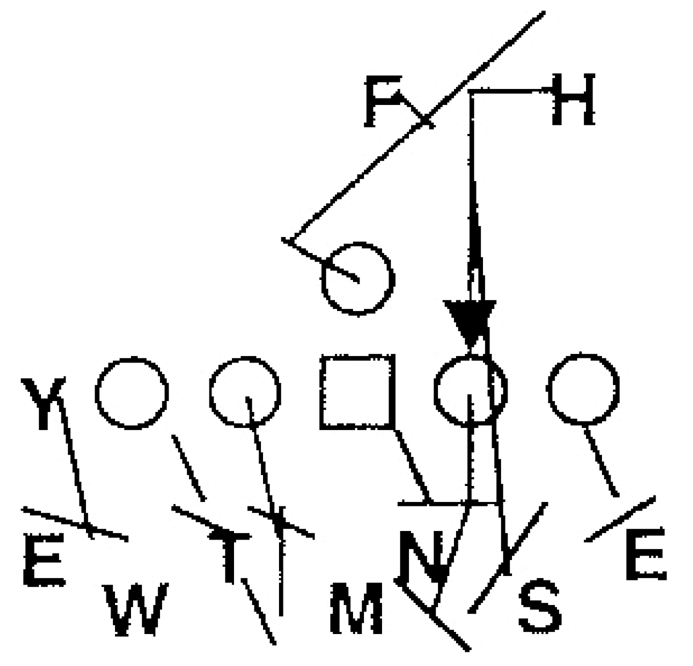


VIKINGS ISO
VS. OVER

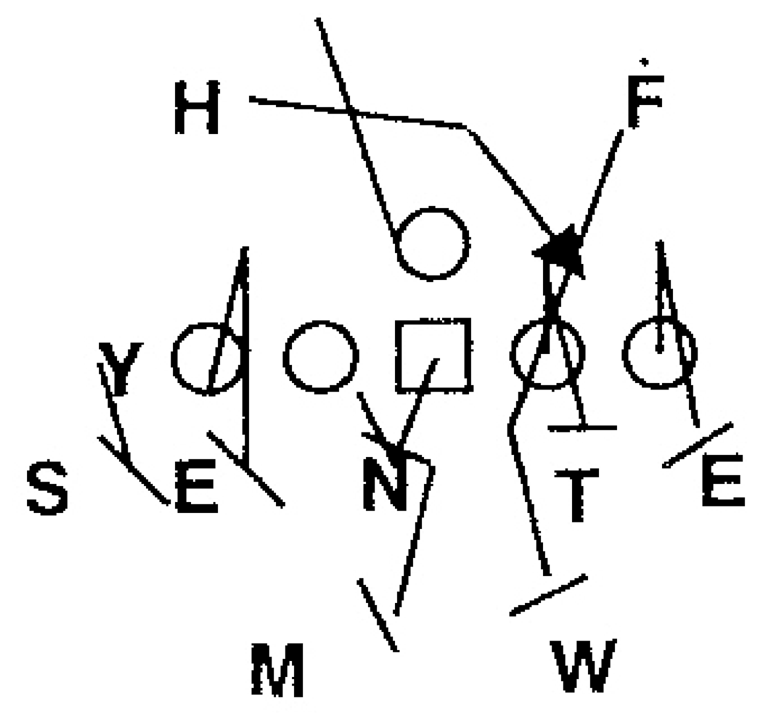
OPEN SIDE RUNS



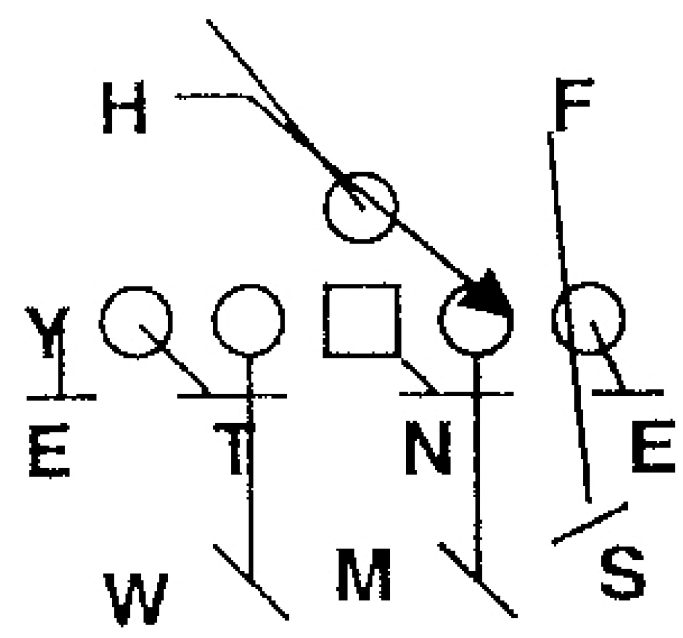
LAG DRAW WEAK (CROW HOP)



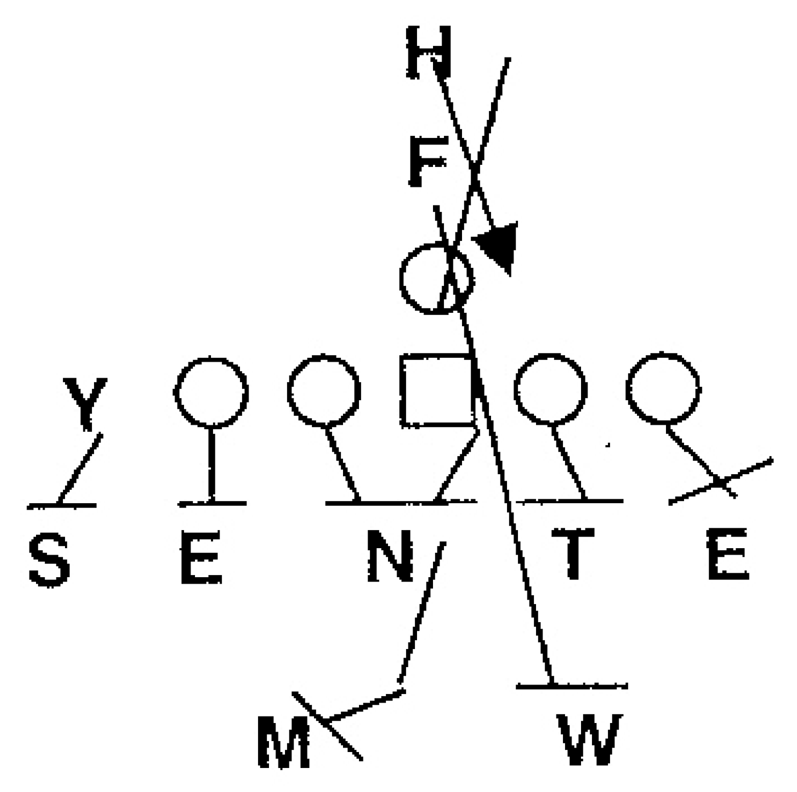
LAG DRAW WEAK (CROW HOP)



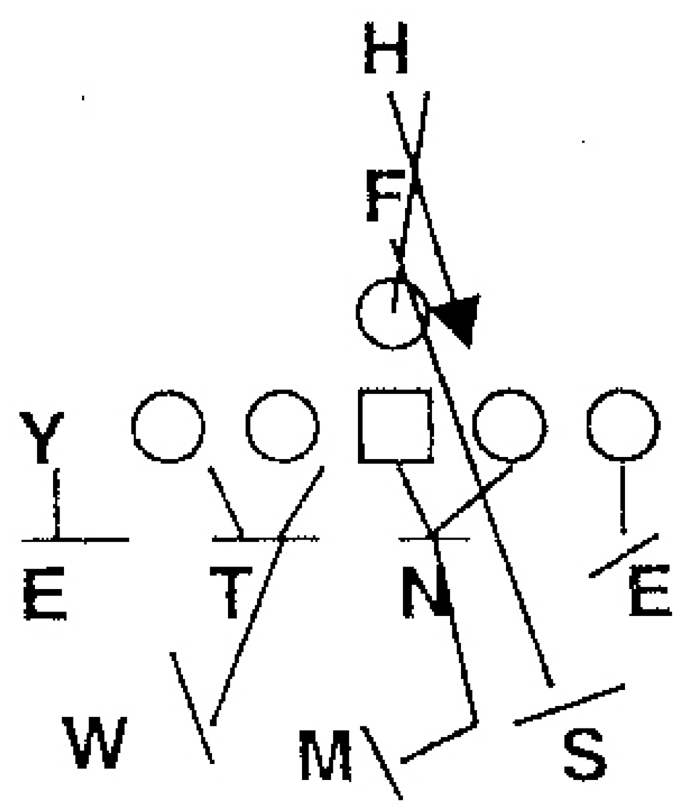
LEAD DRAW WEAK



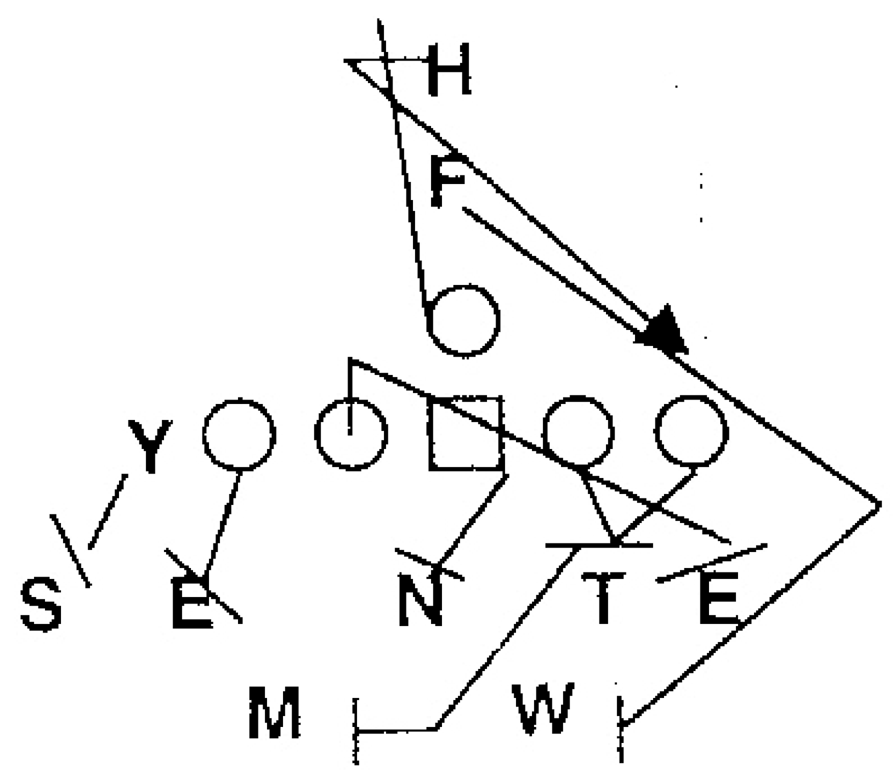
LEAD DRAW WEAK



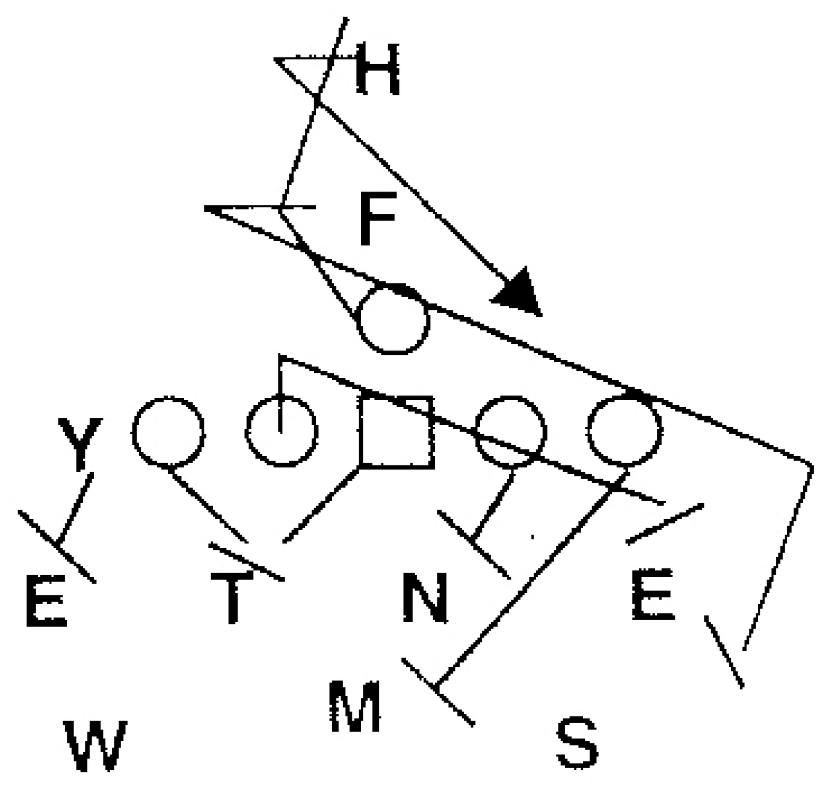
BELLY WEAK



BELLY WEAK

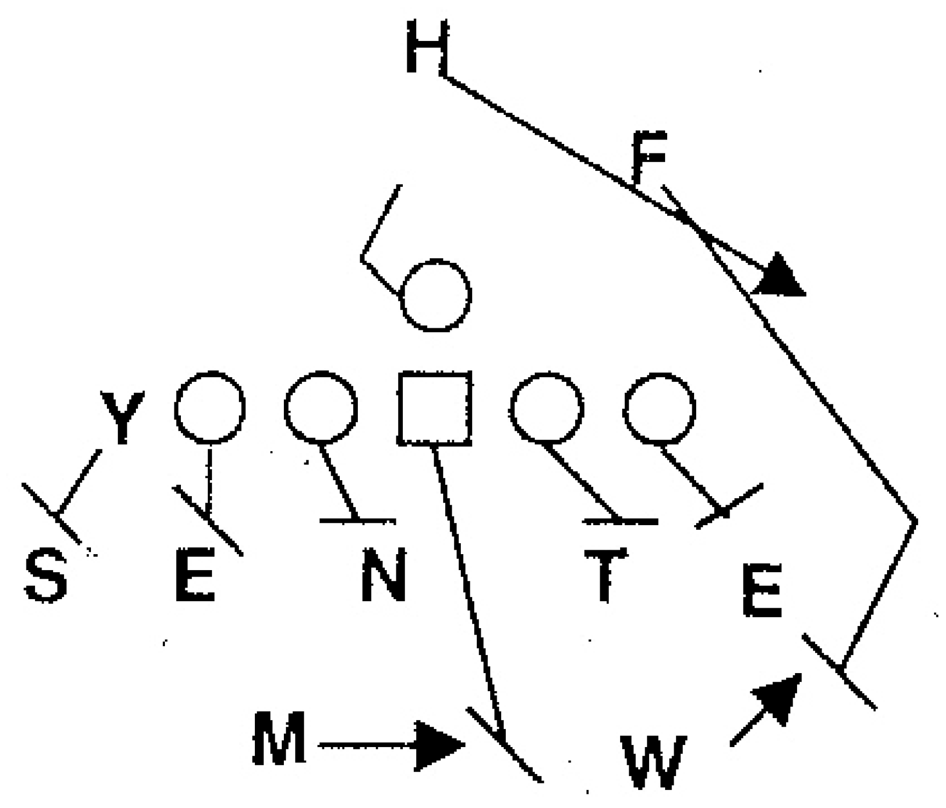


COUNTER OF WEAK

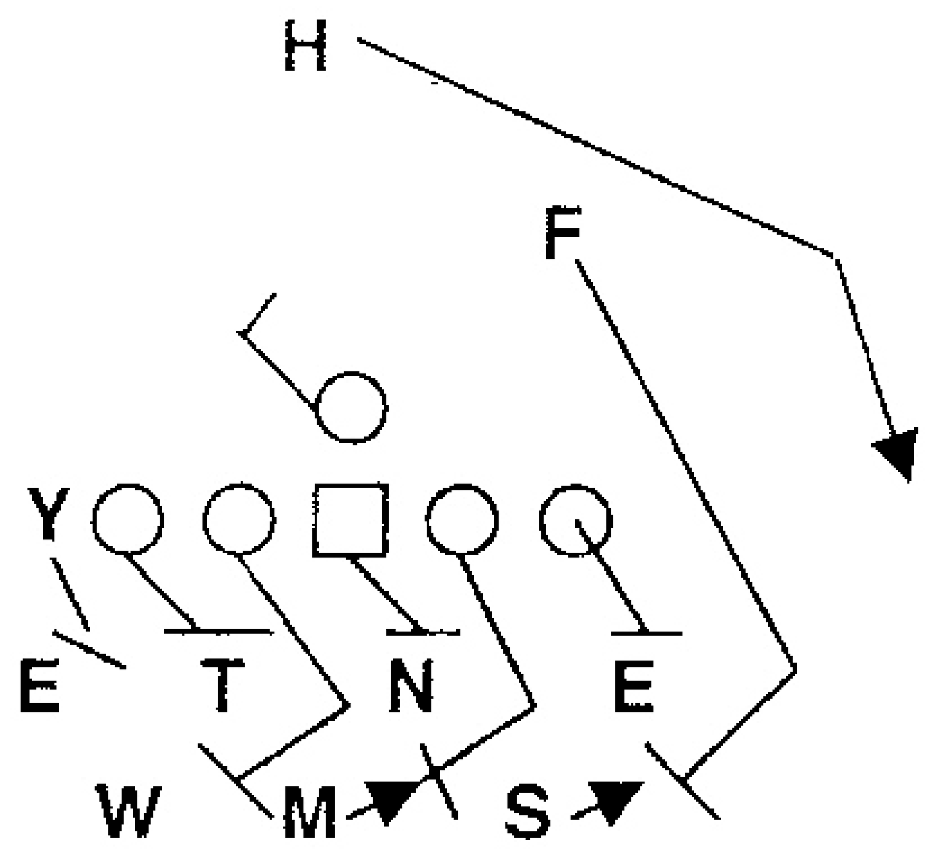


COUNTER OF WEAK

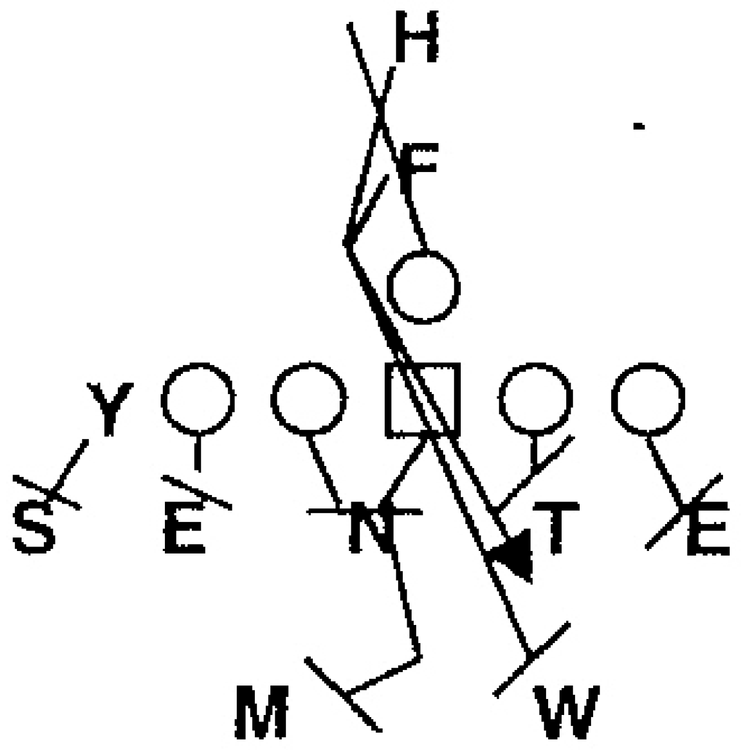
OPEN SIDE RUNS



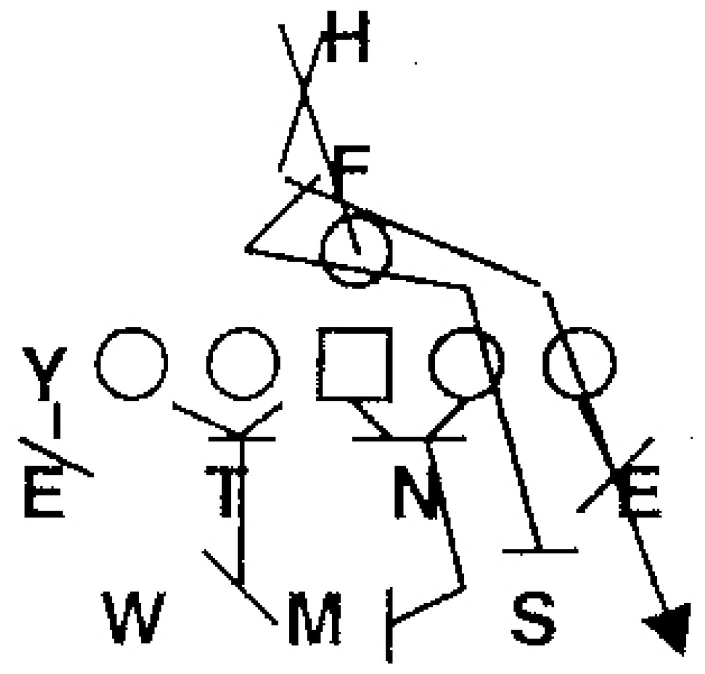
TOSS WEAK



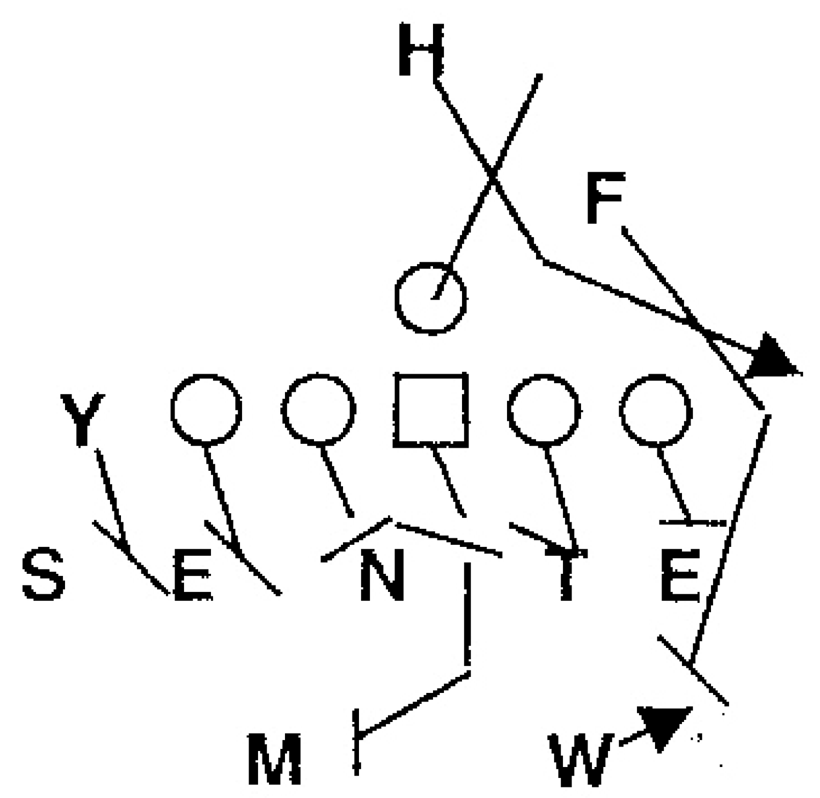
TOSS WEAK



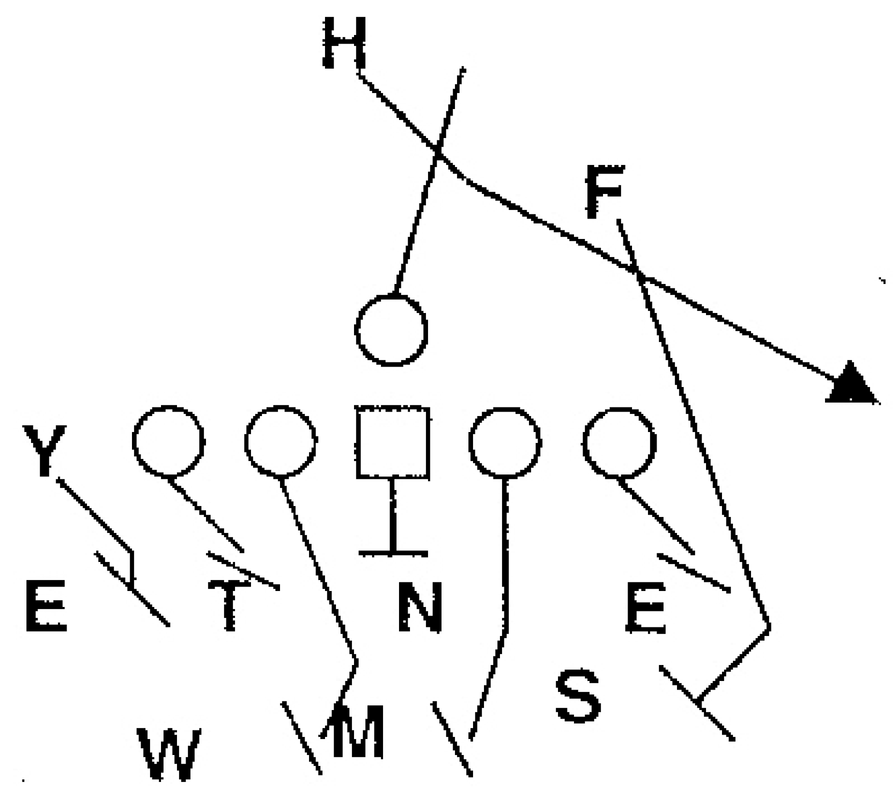
RAM BELLY WEAK



RAM BELLY WEAK

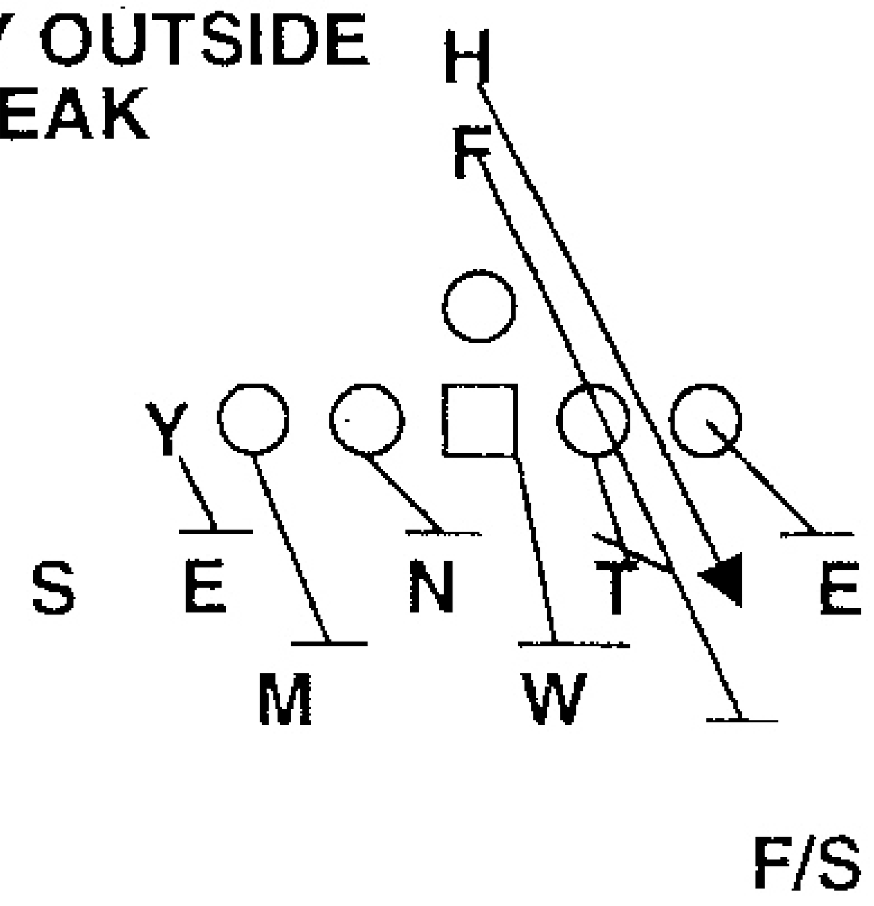


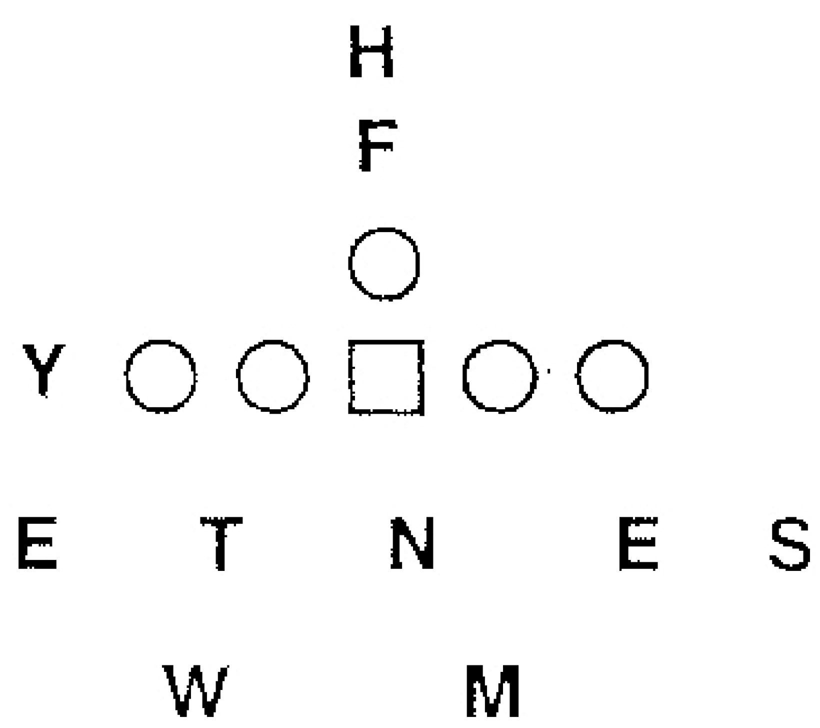
BOUNCE WEAK



BOUNCE WEAK

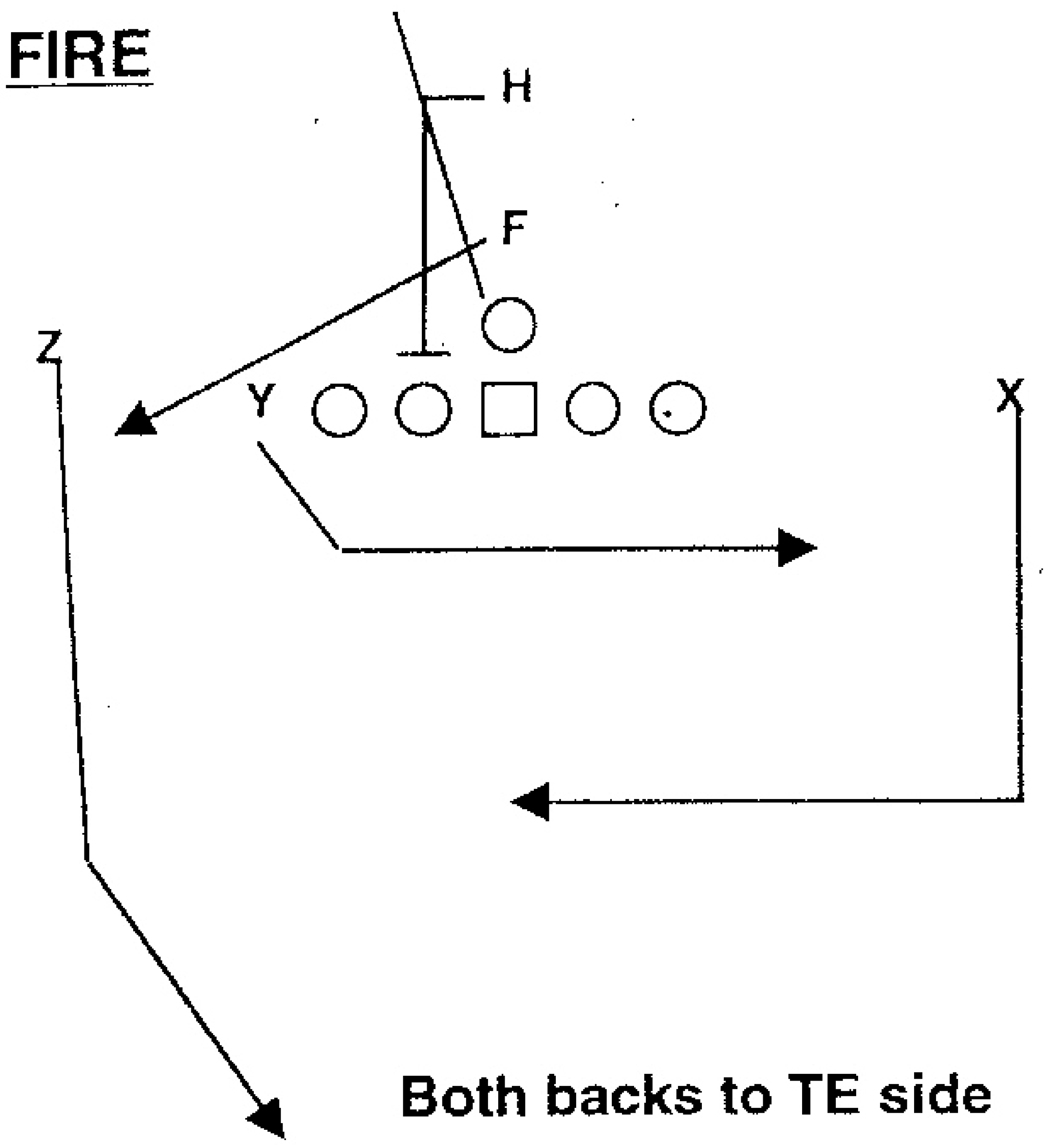
BELLY OUTSIDE WEAK





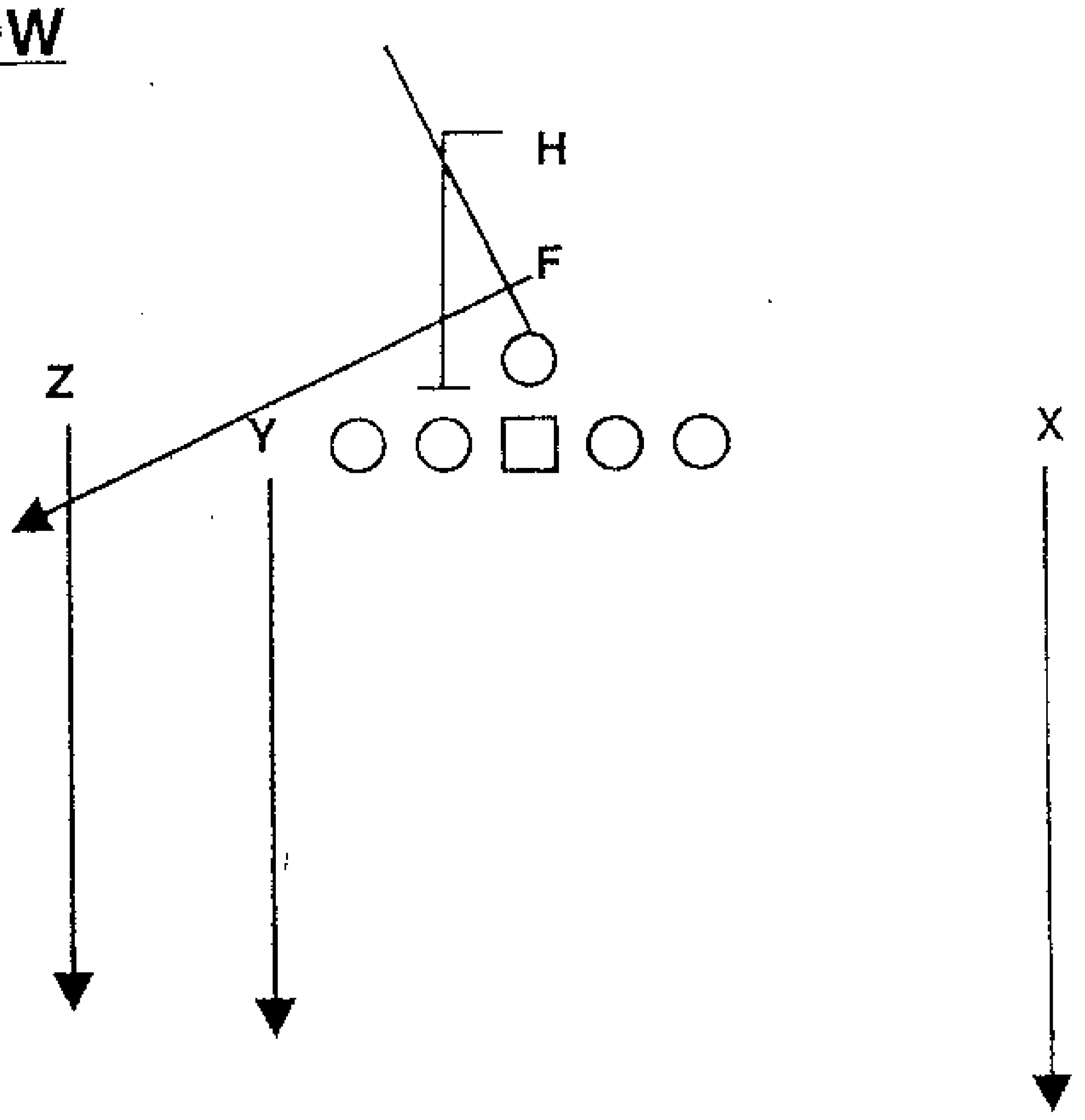
RECEIVER DISTRIBUTION

FIRE



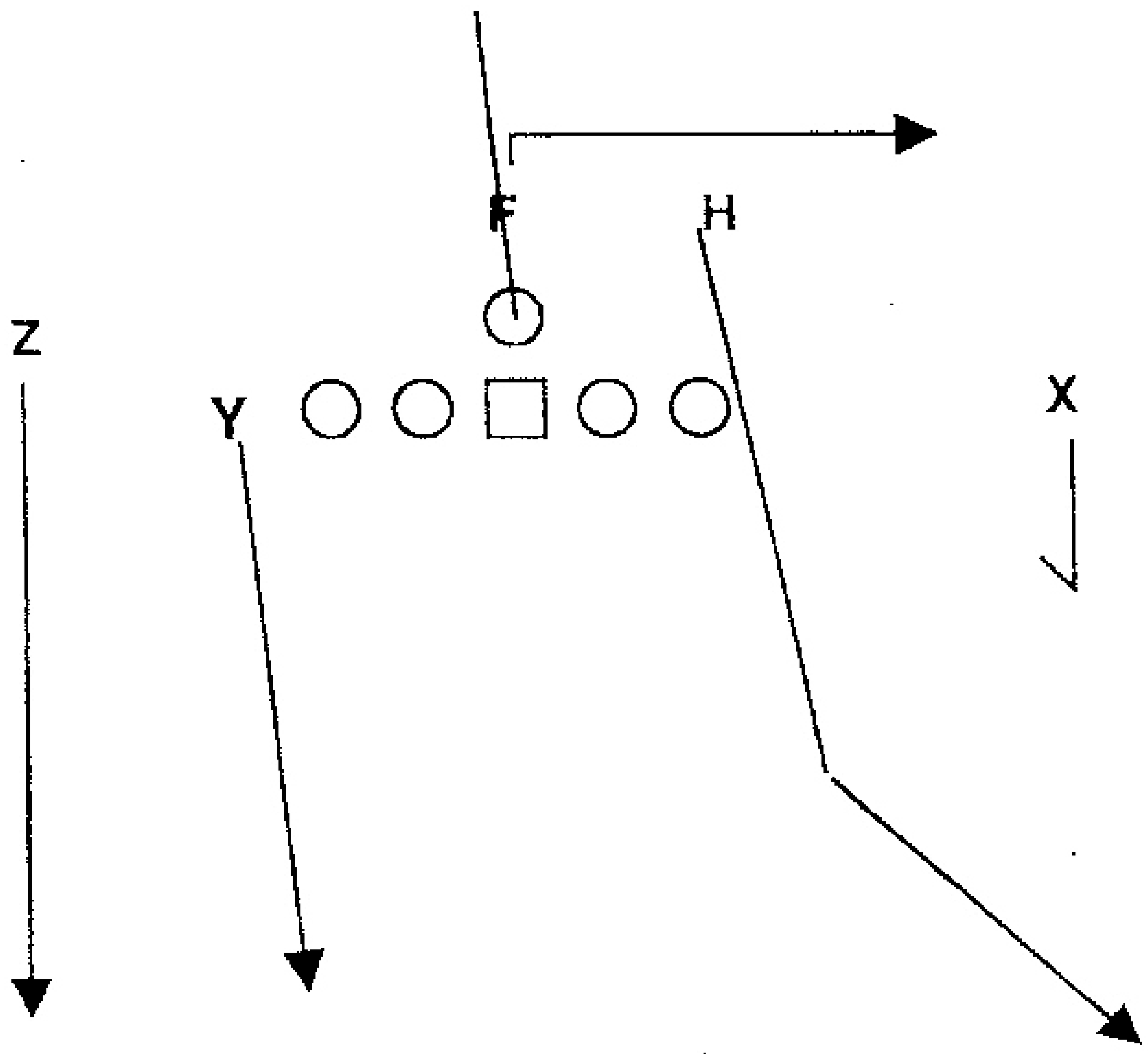
Both backs to TE side
TE crossing route

FLOW



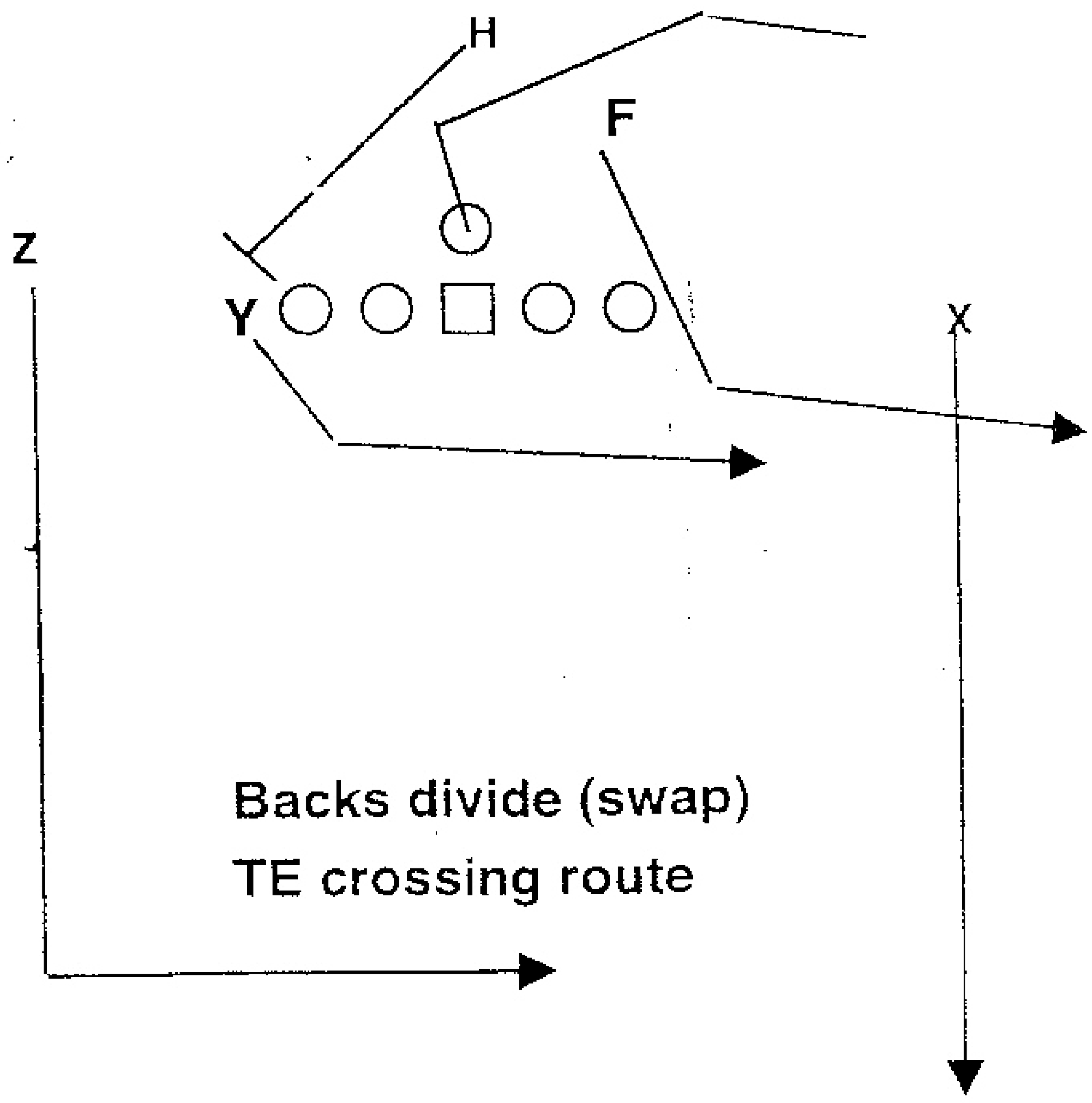
Both backs to TE side
TE up field route

FLOOD



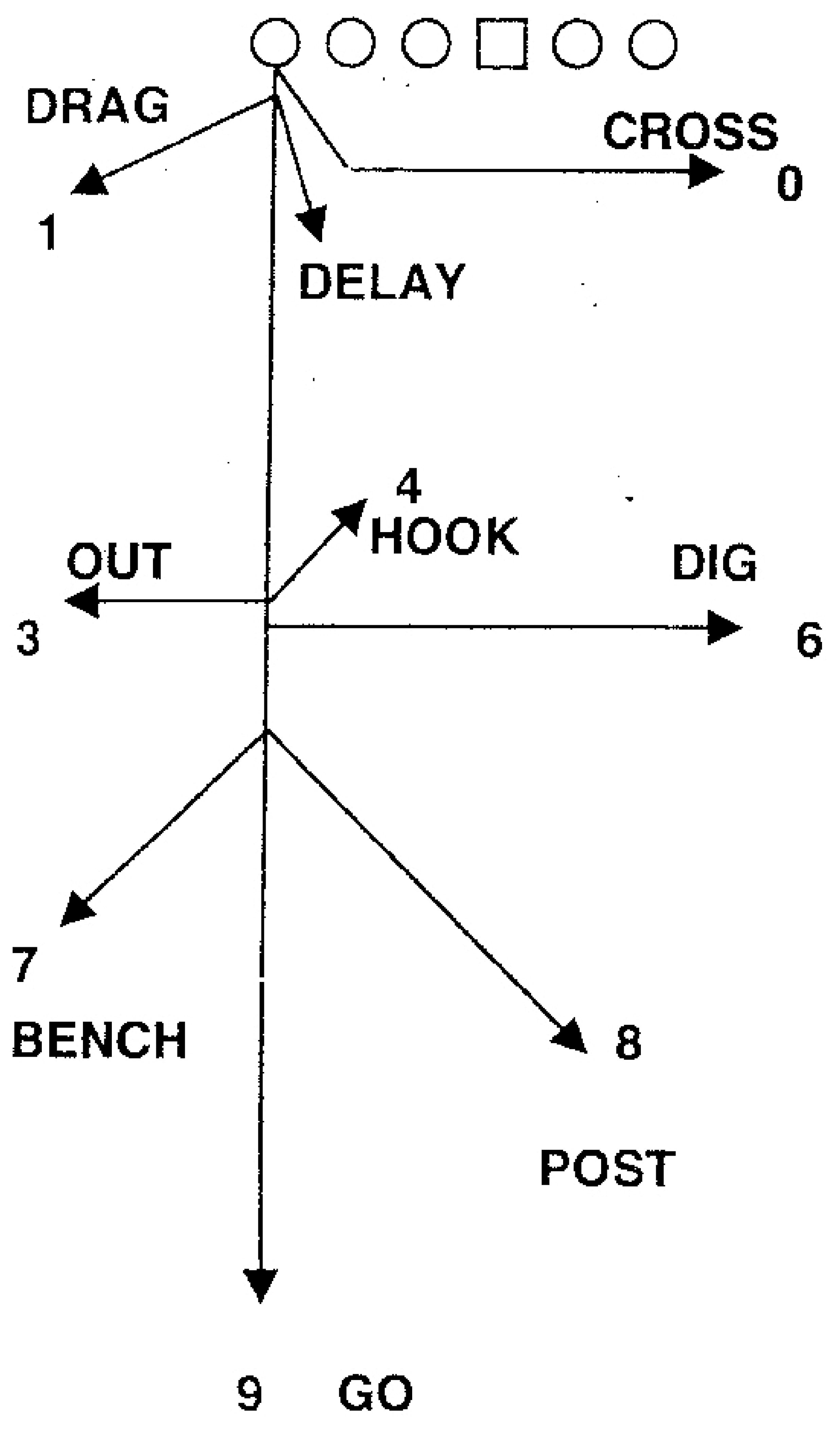
Both backs to open side
TE blocks or release

BOOTLEG

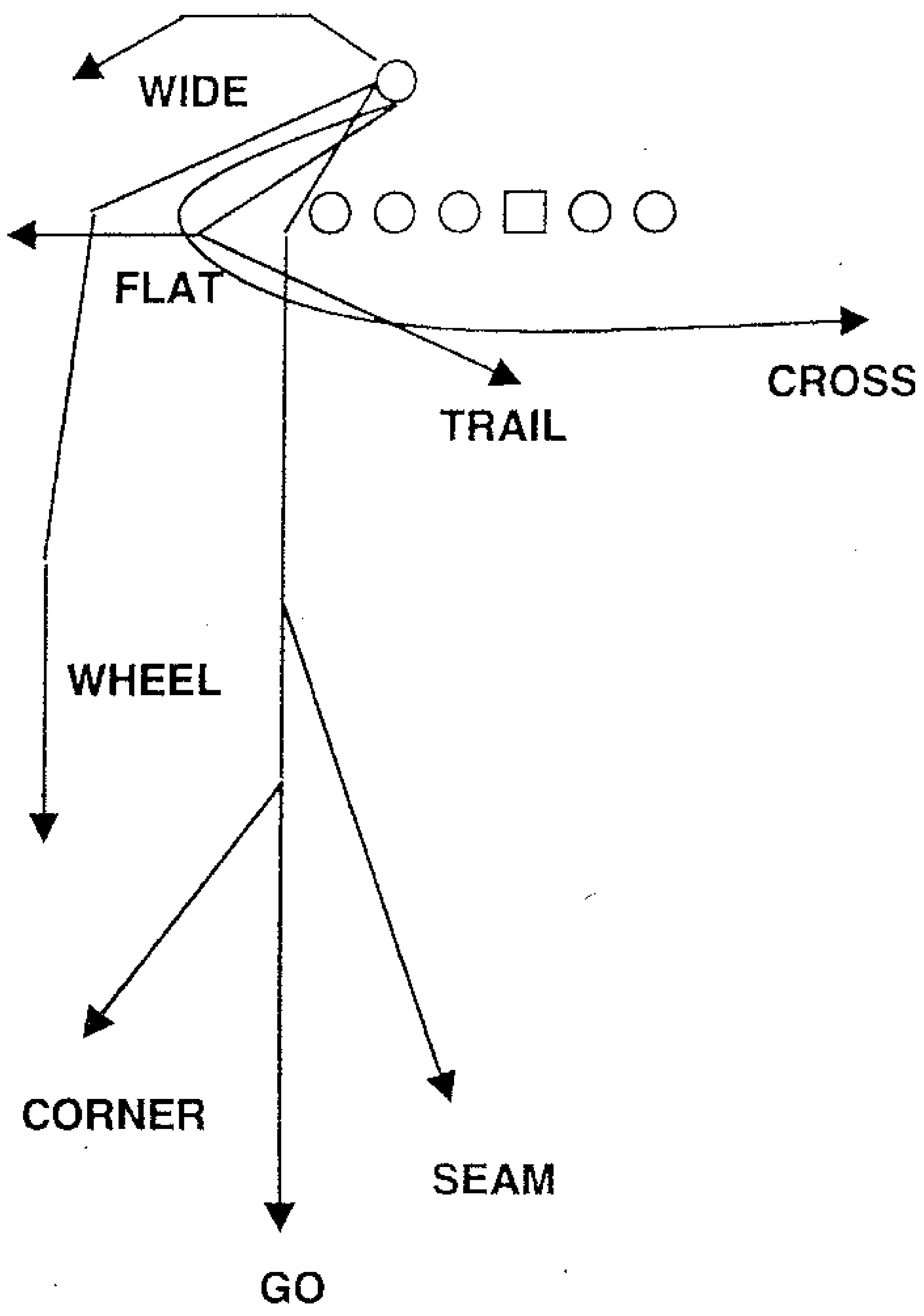


Backs divide (swap)
TE crossing route

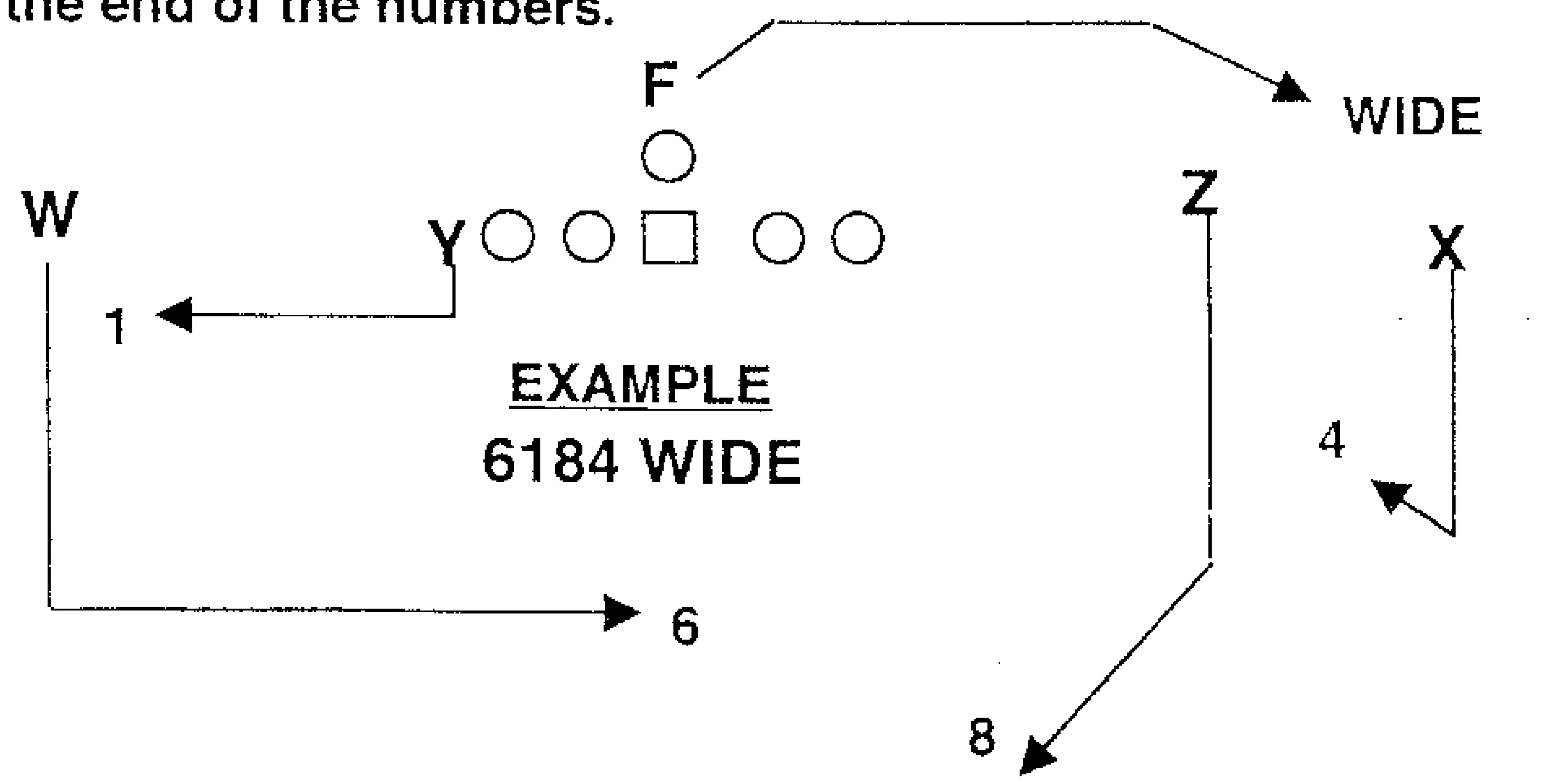
TIGHT END ROUTES



RUNNING BACK ROUTES



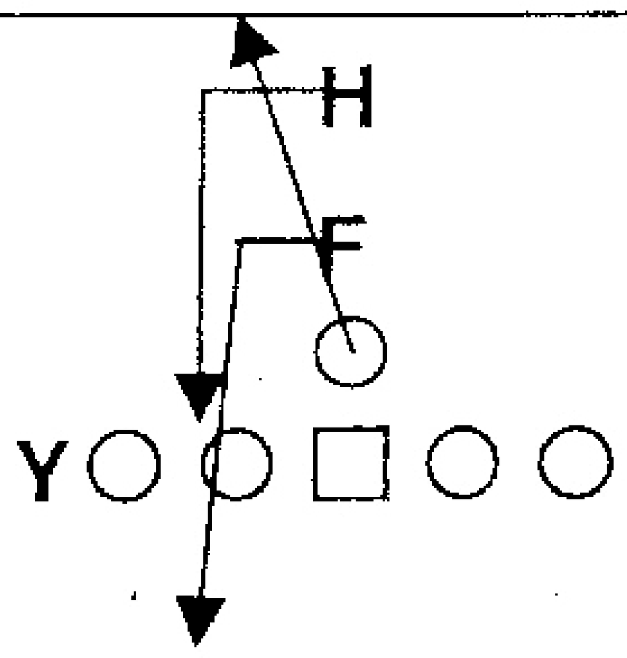
Our pass pattern nomenclature for the primary receivers involve digits. The first digit is the pattern of the first receiver WEAKSIDE. The second digit is the next receiver inside the first weakside receiver. The numbering continues in this manner weak to strong, all word routes are routes by the backs in the back field and are found at the end of the numbers.



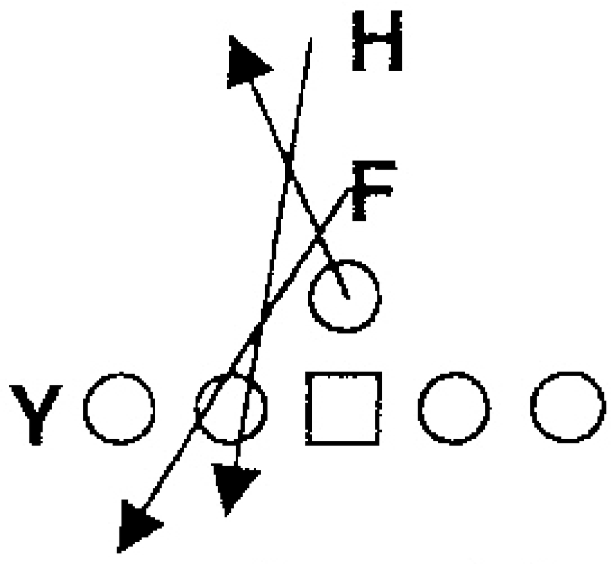
EXAMPLE

6184 WIDE

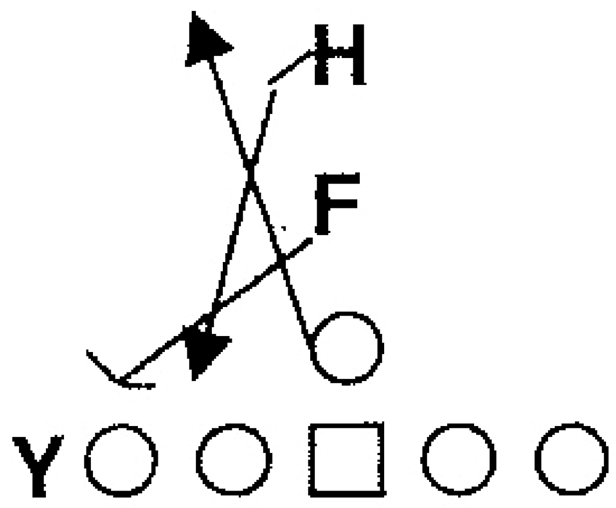
PLAY PASS



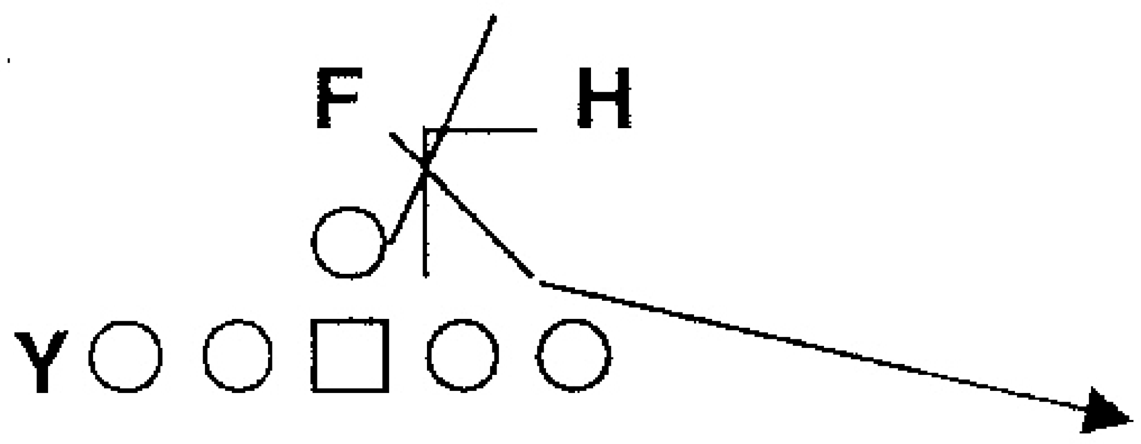
ISO DRAW PASS



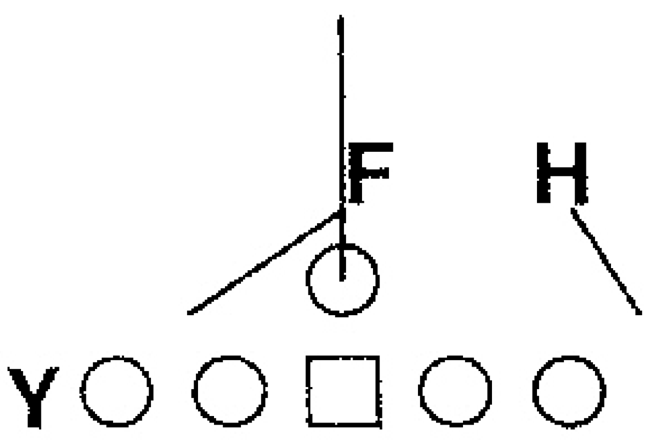
ISO PASS



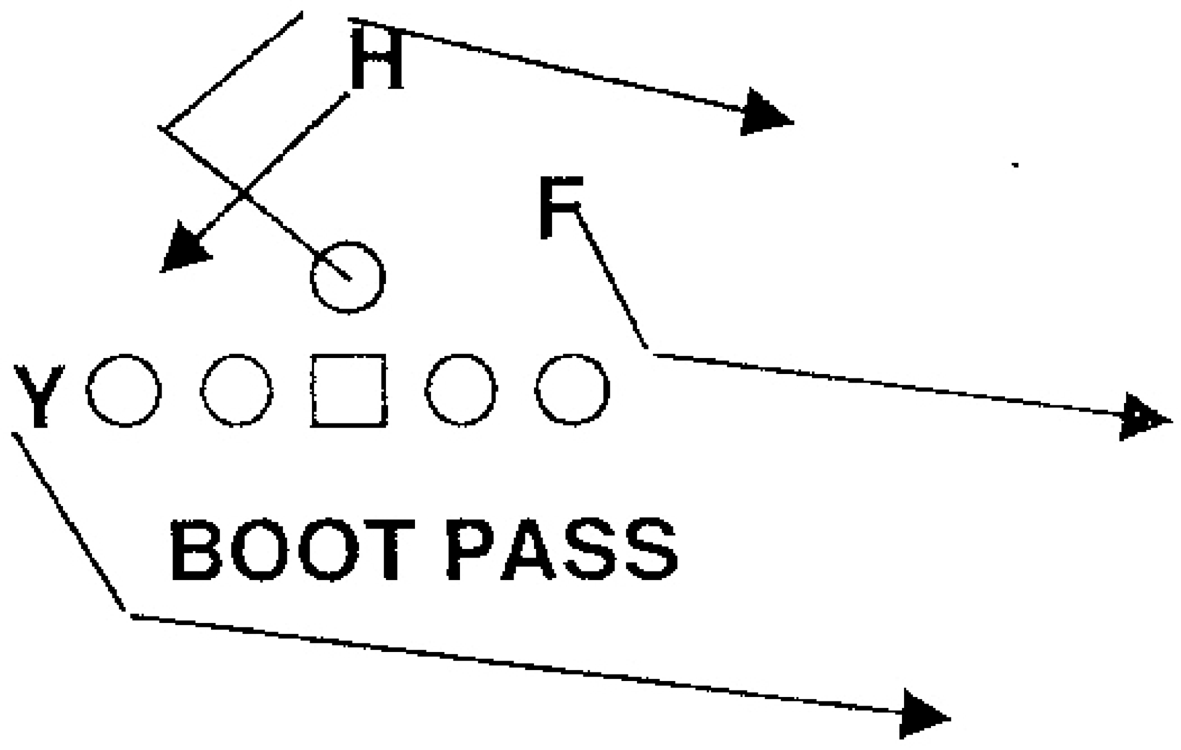
BELLY PASS



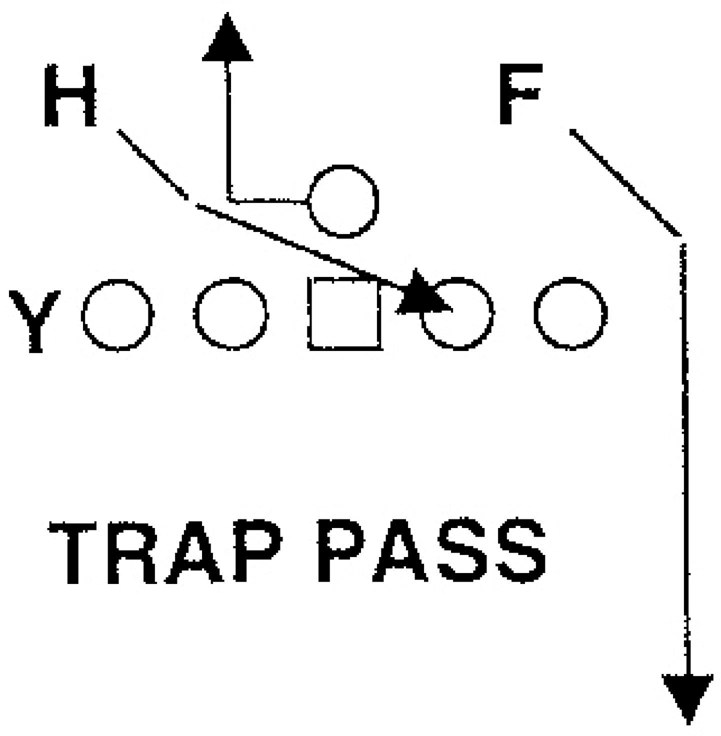
LAG PASS



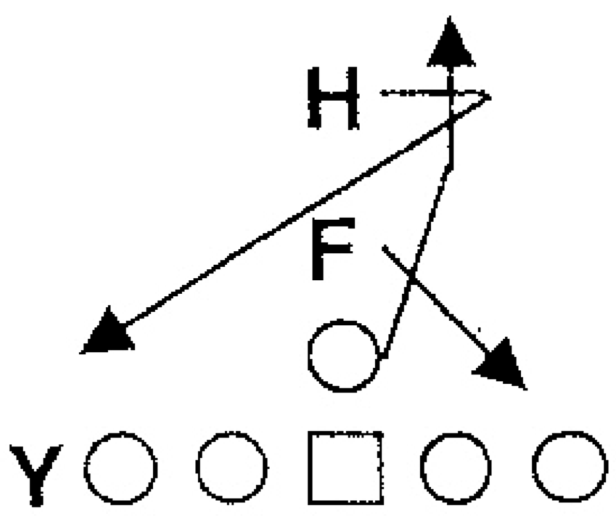
SPLIT BELLY PASS



BOOT PASS

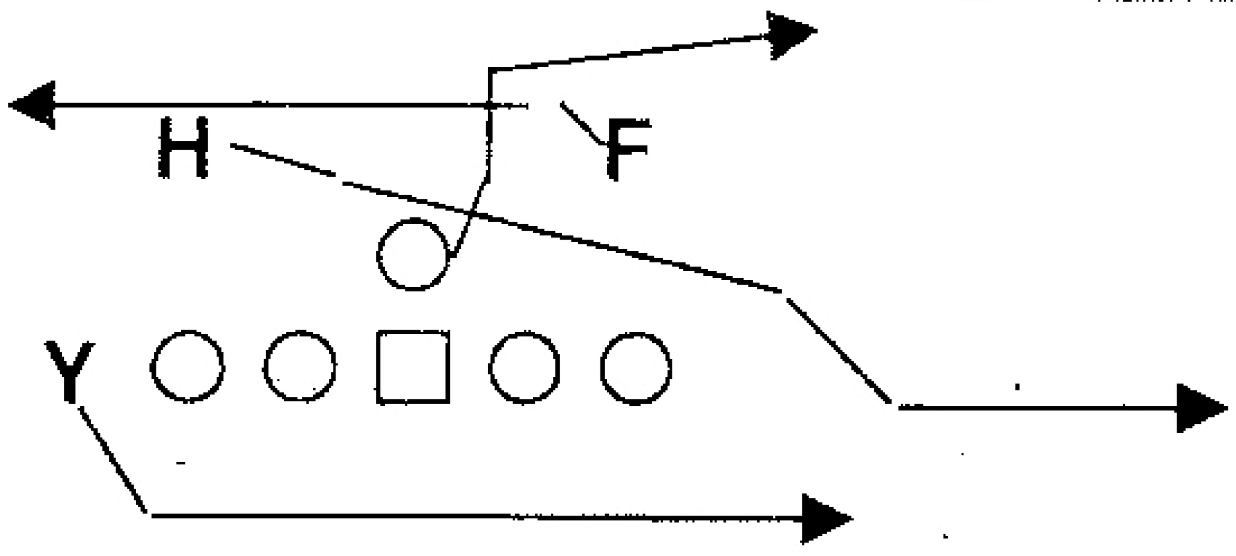


TRAP PASS

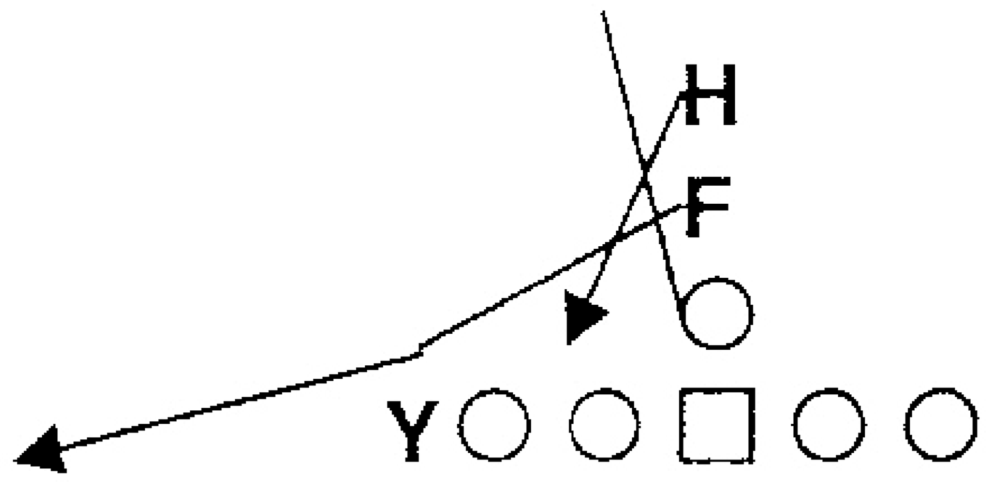


COUNTER PASS

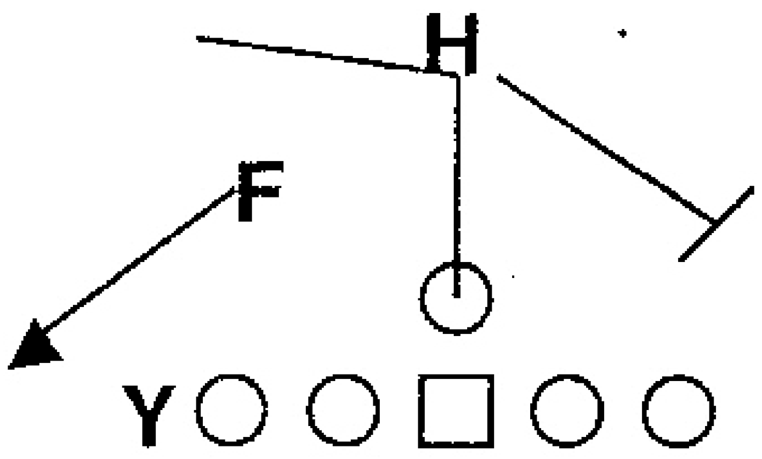
PLAY ACTION PASS



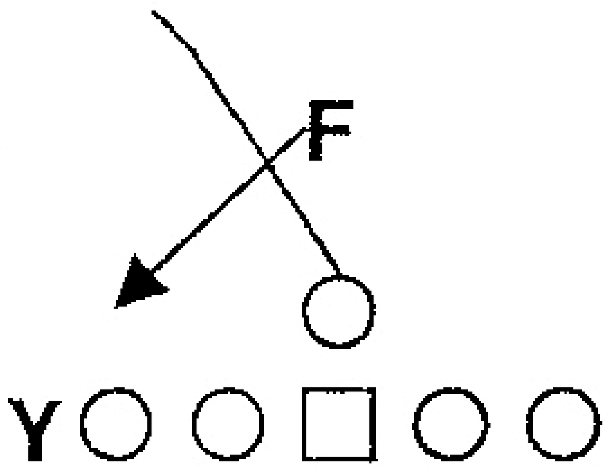
SWAP BOOT



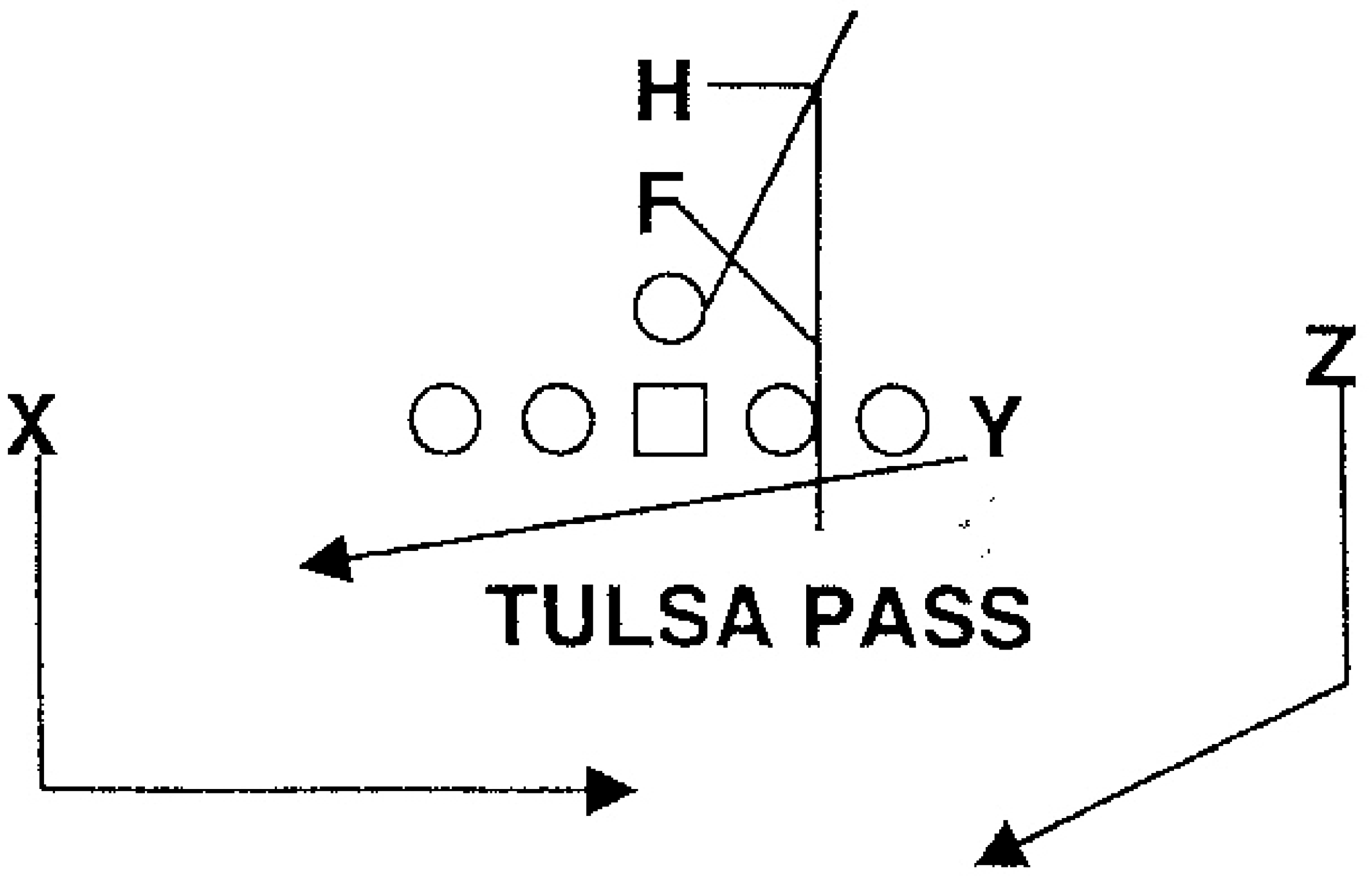
TAMPA PASS



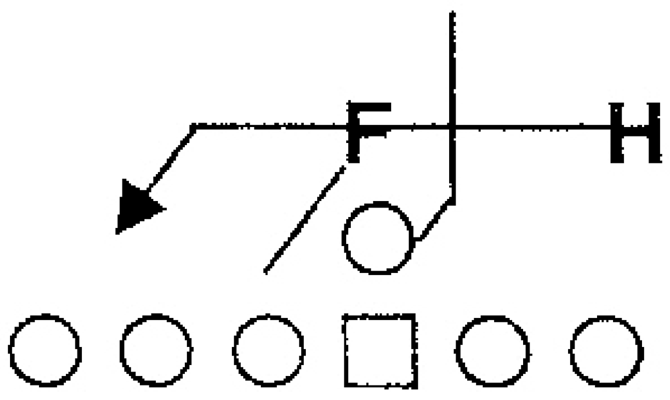
DASH PASS



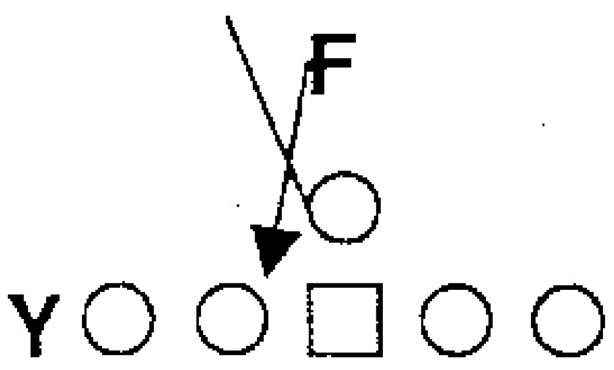
ROLL OUT
SPRINT OUT



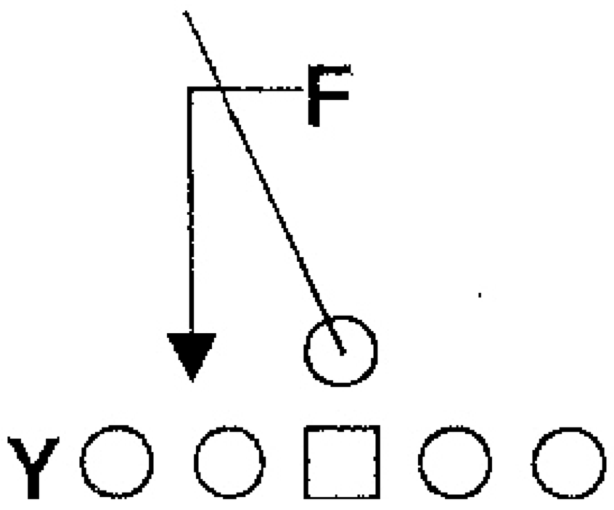
TULSA PASS



RIDE PASS

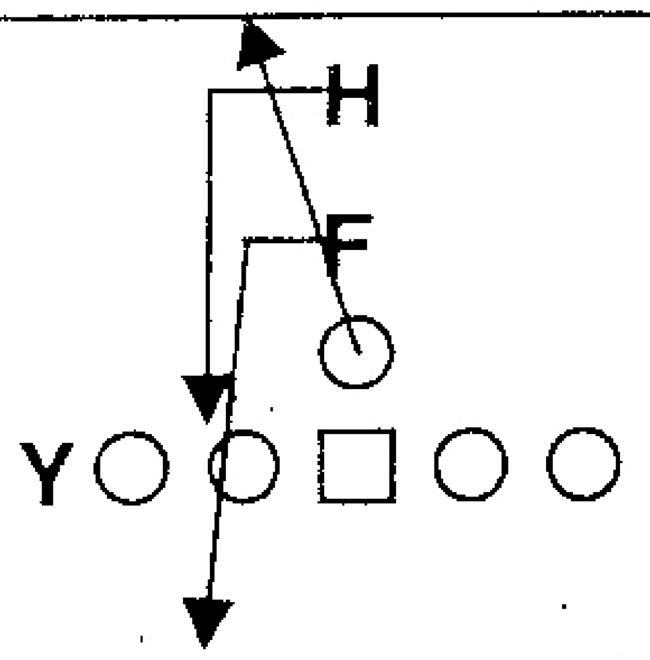


DIVE PASS

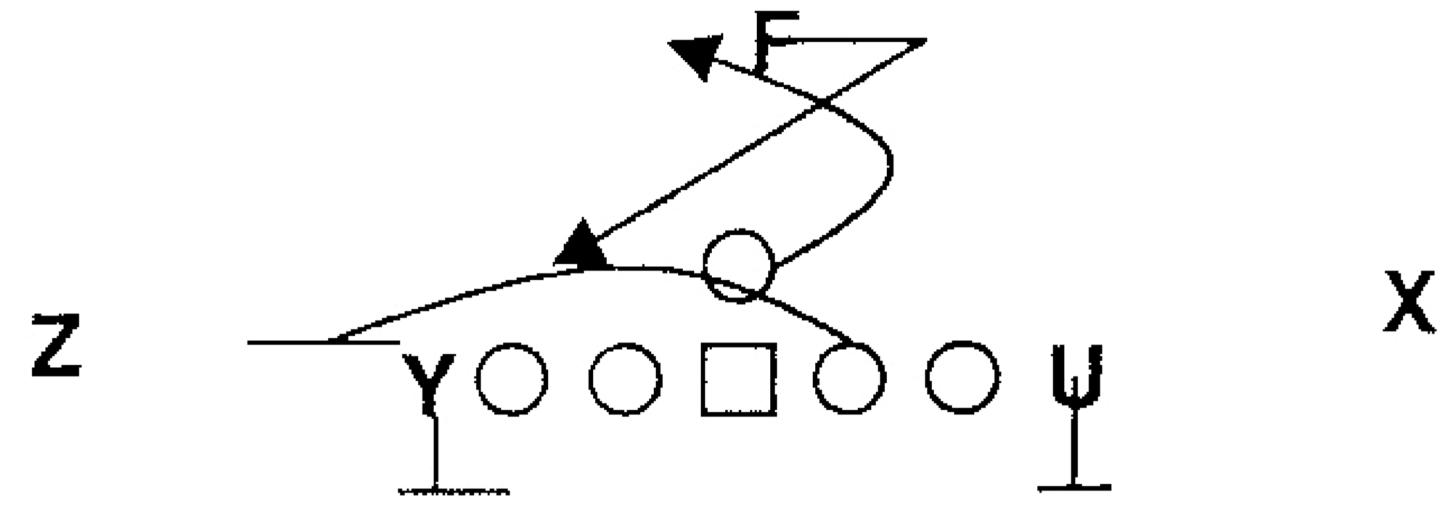


DRAW PASS

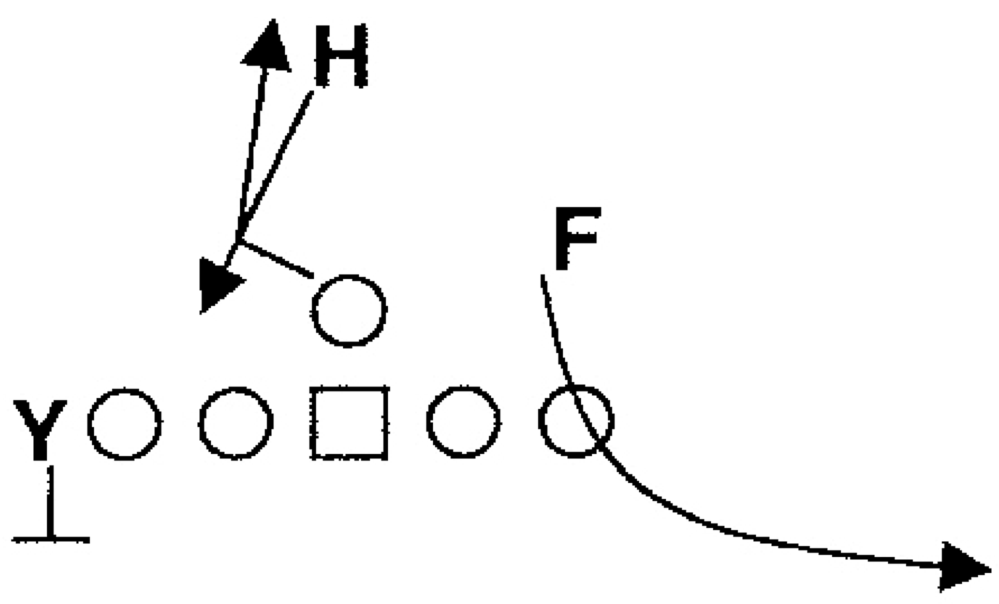
PLAY PASS



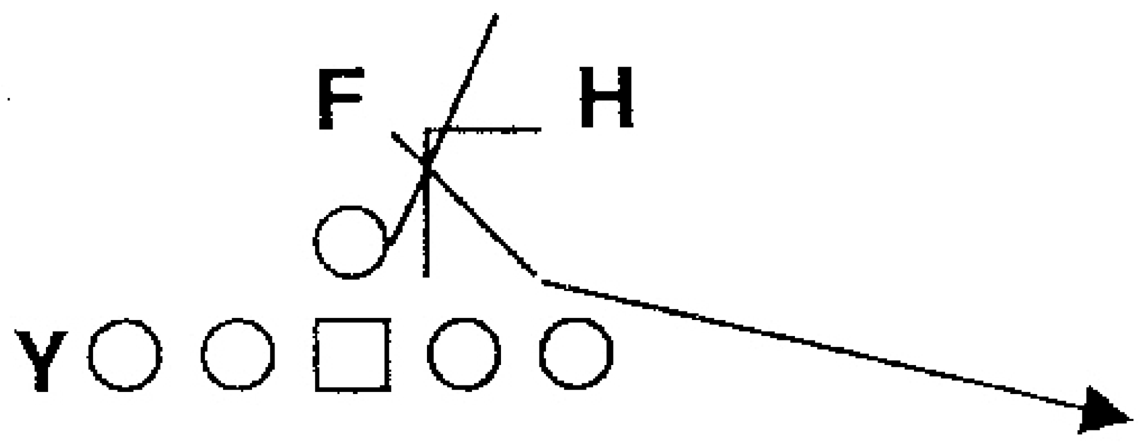
ISO DRAW PASS



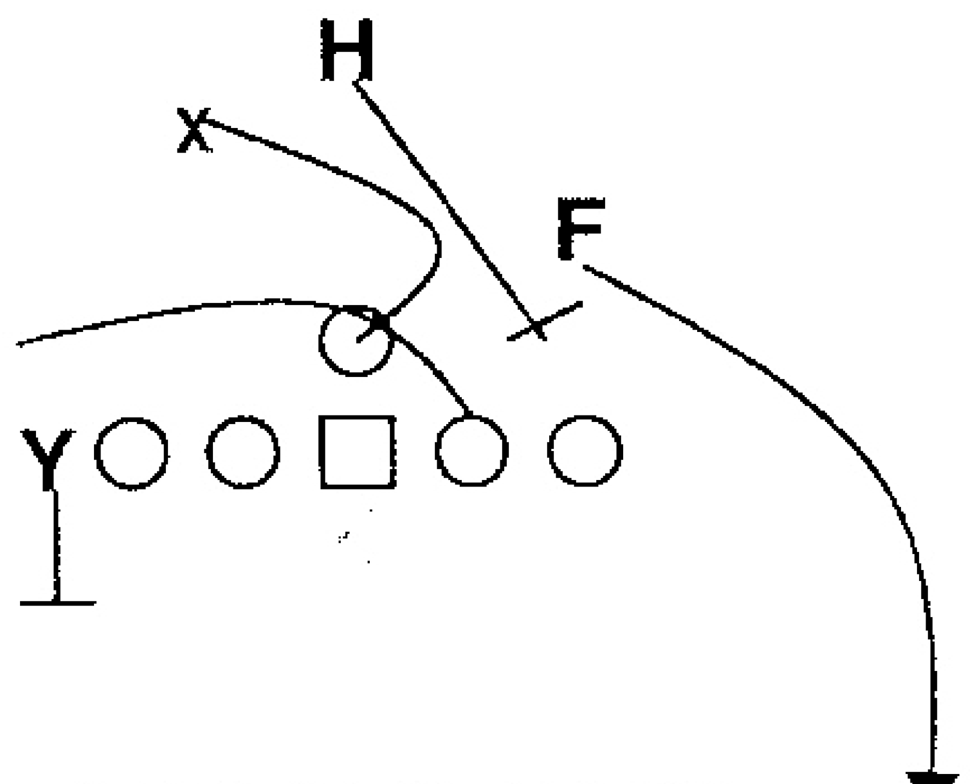
CTR PASS



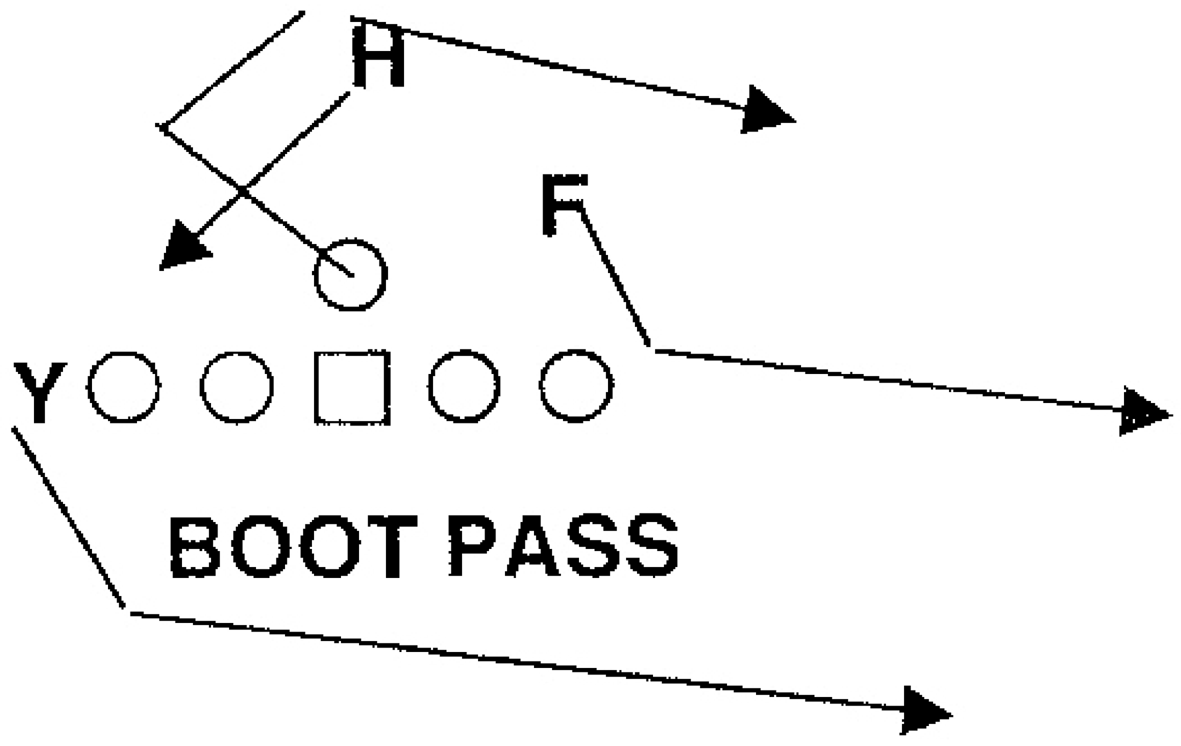
SPLIT BELLY PASS



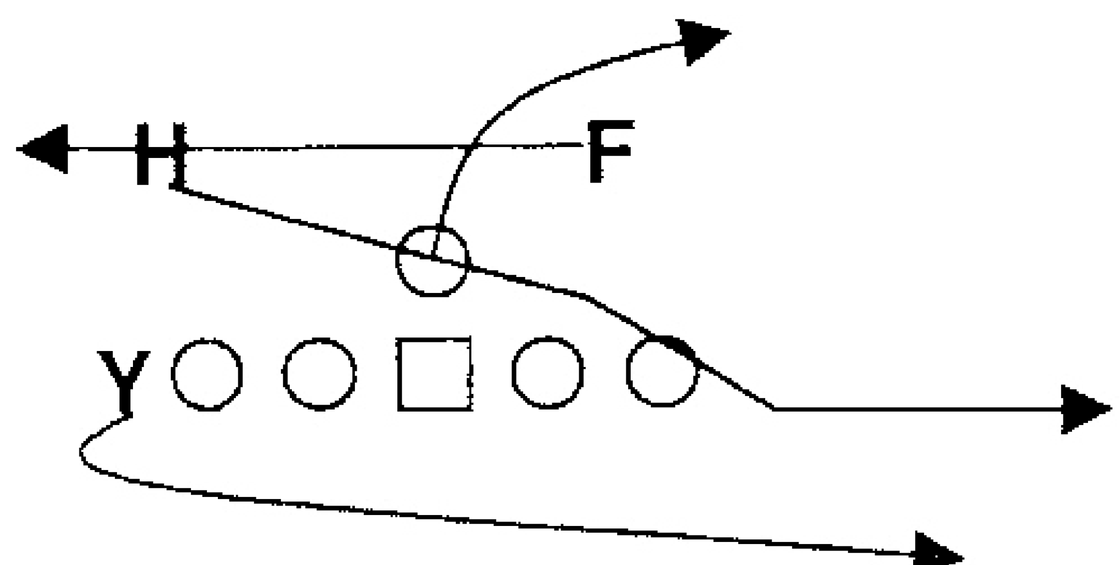
LAG PASS



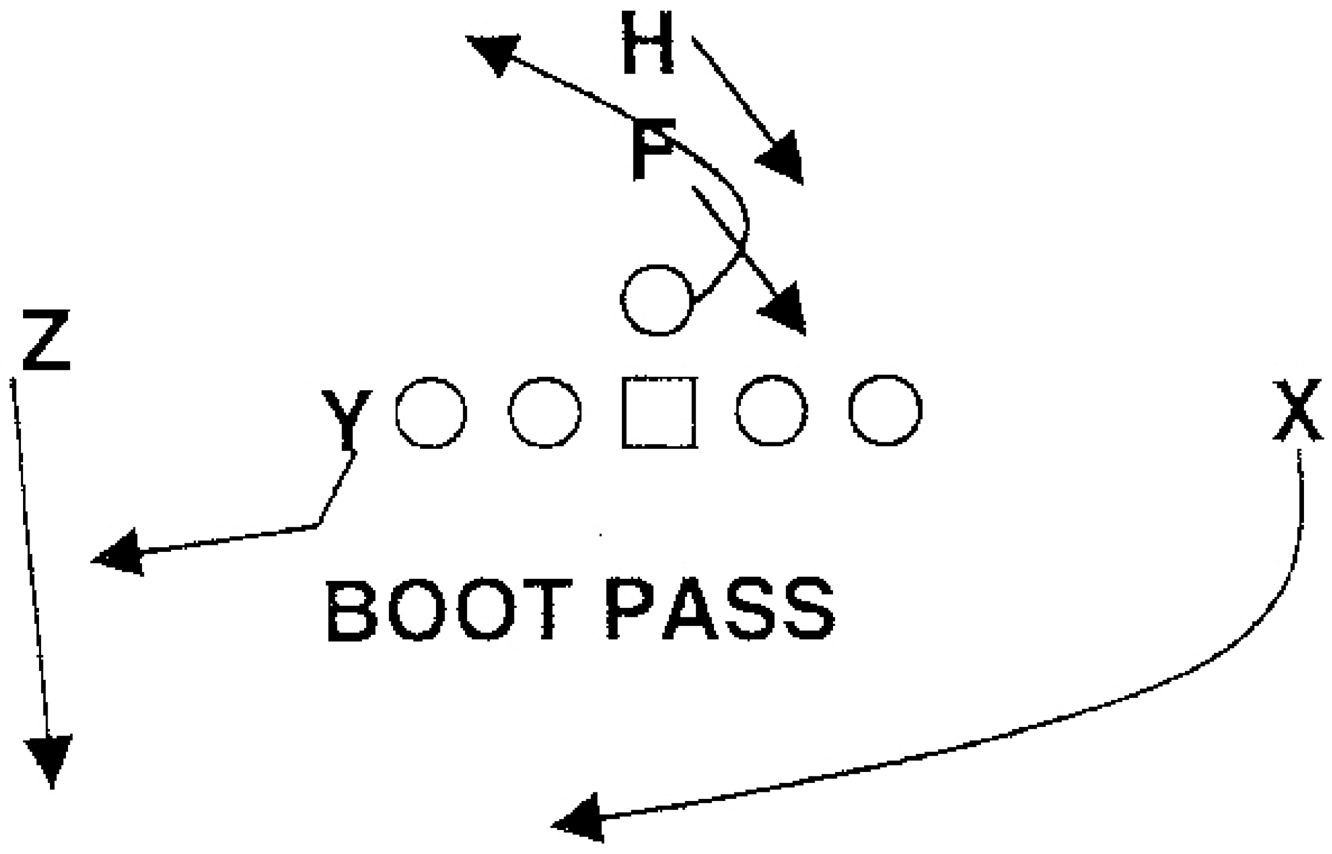
STEELER PASS



BOOT PASS



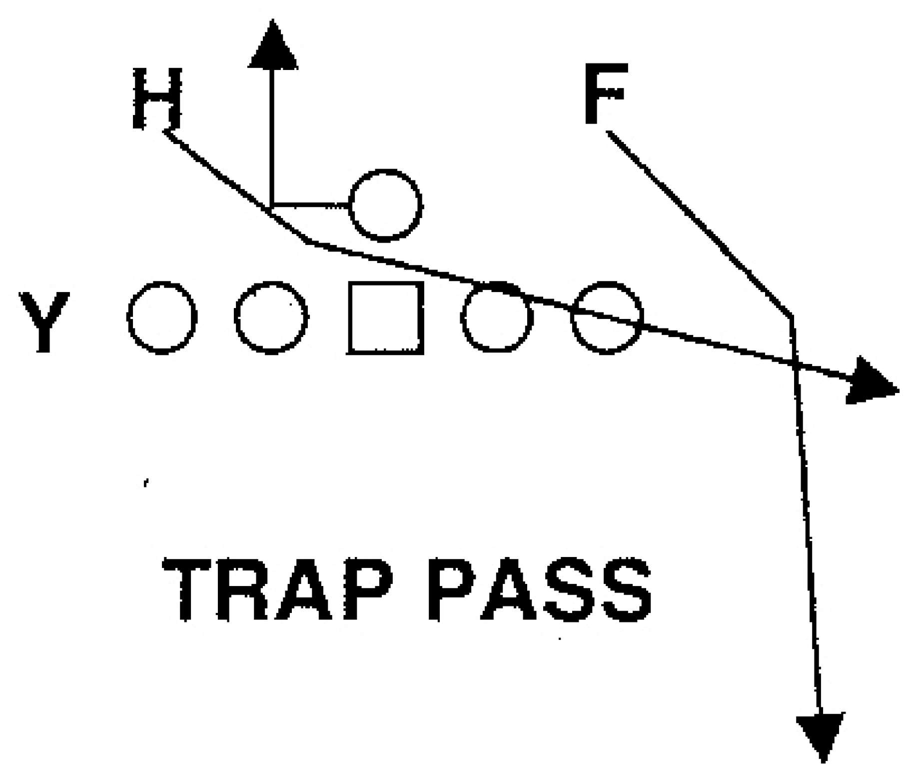
SWAP BOOT



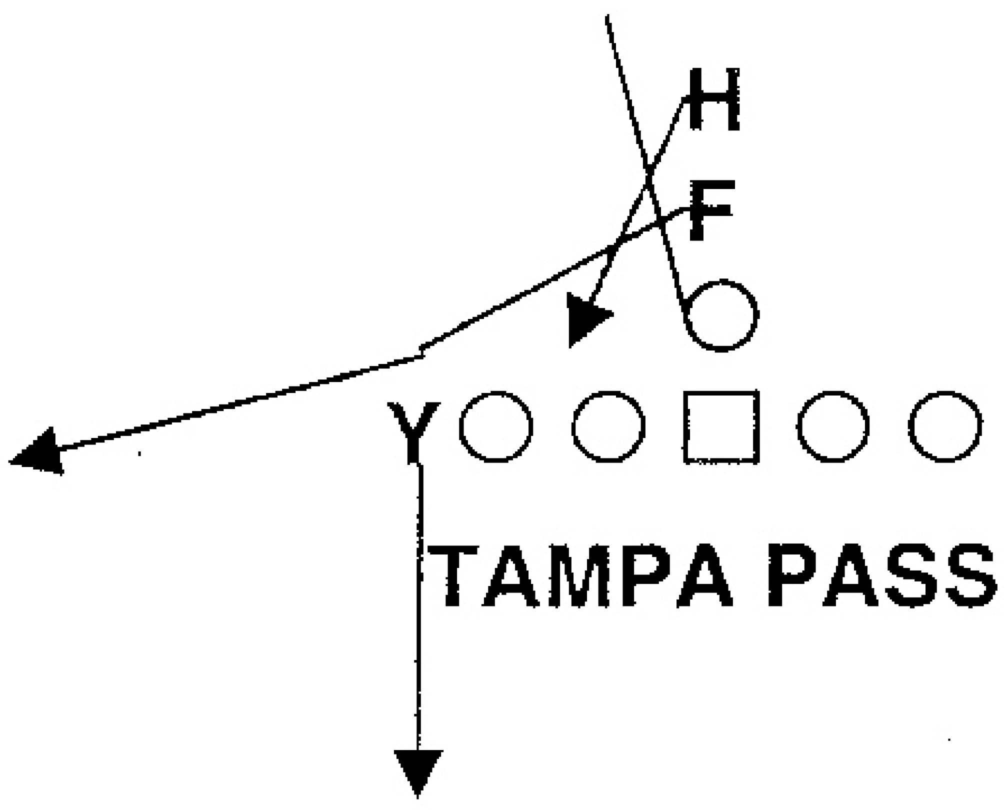
BOOT PASS

CONT.

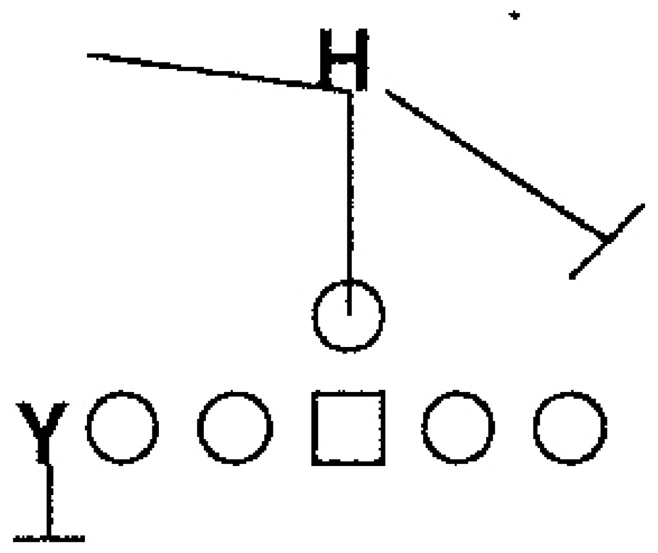
PLAY ACTION PASS



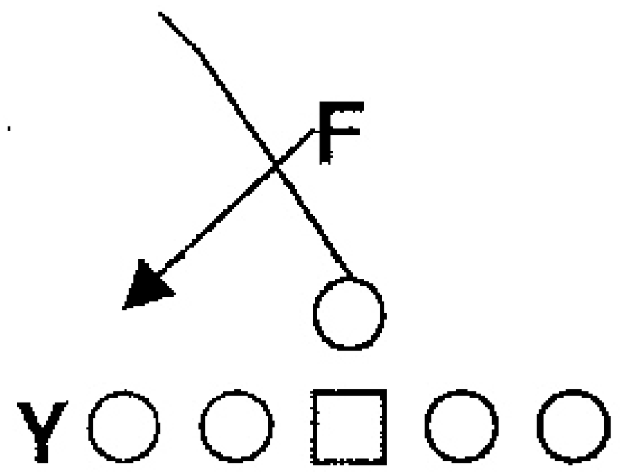
TRAP PASS



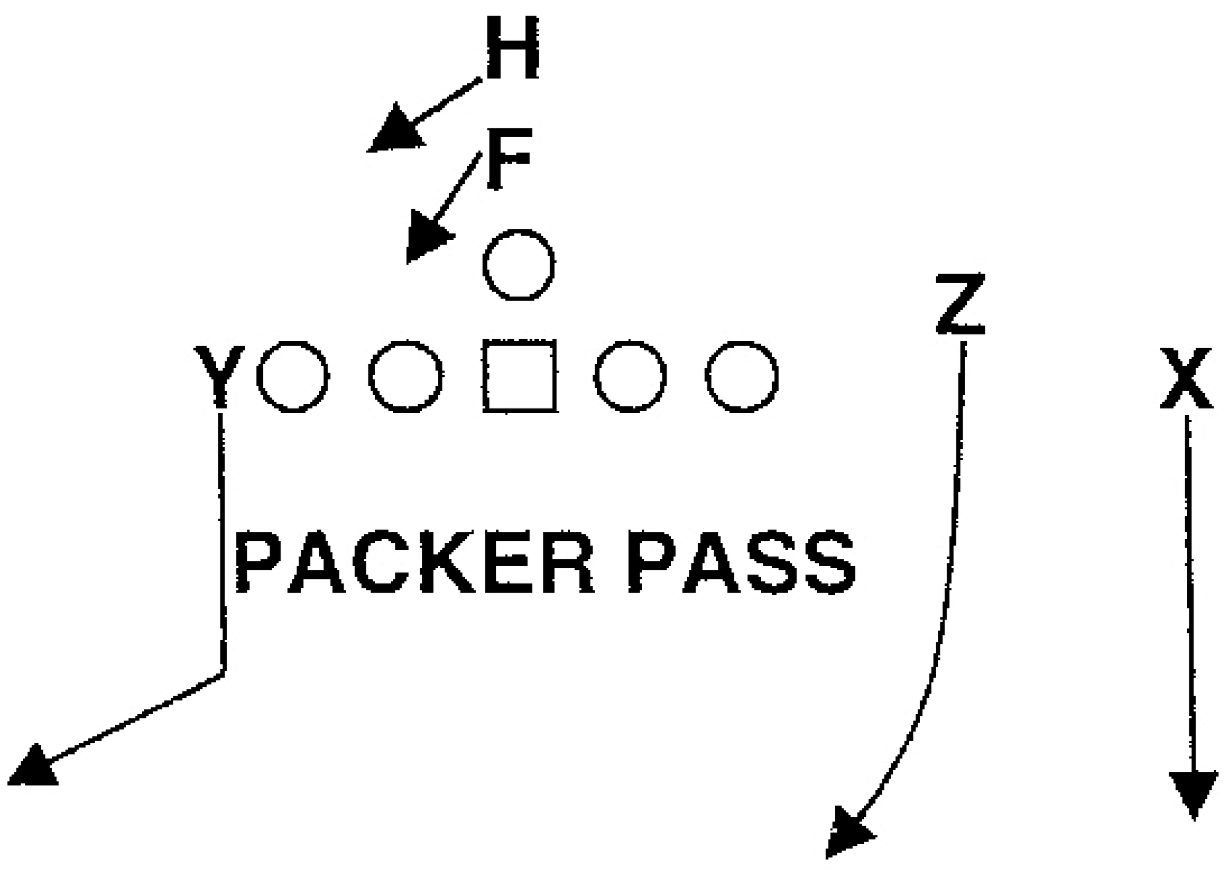
TAMPA PASS



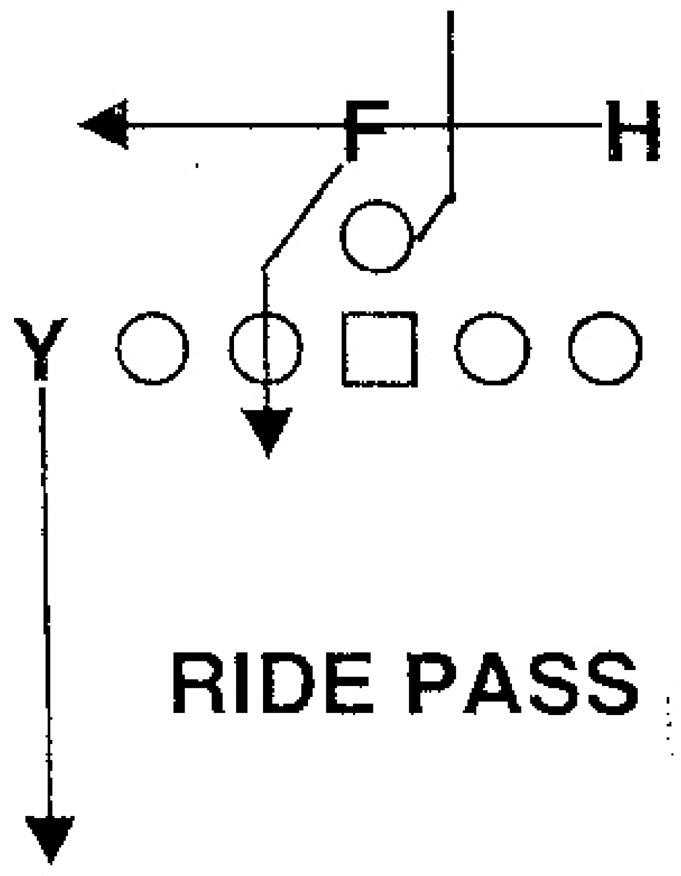
DASH PASS



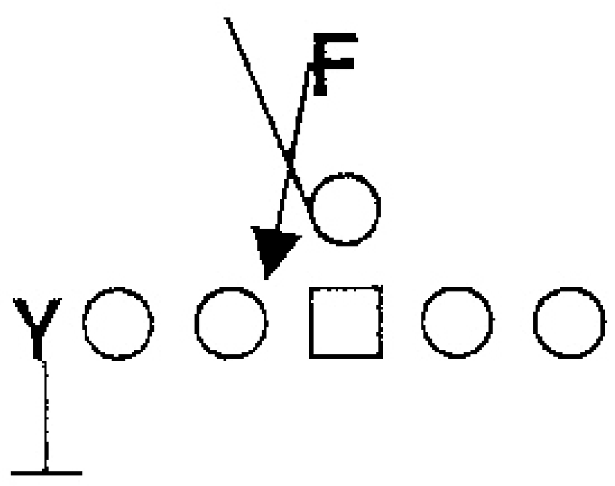
ROLL OUT
SPRINT OUT



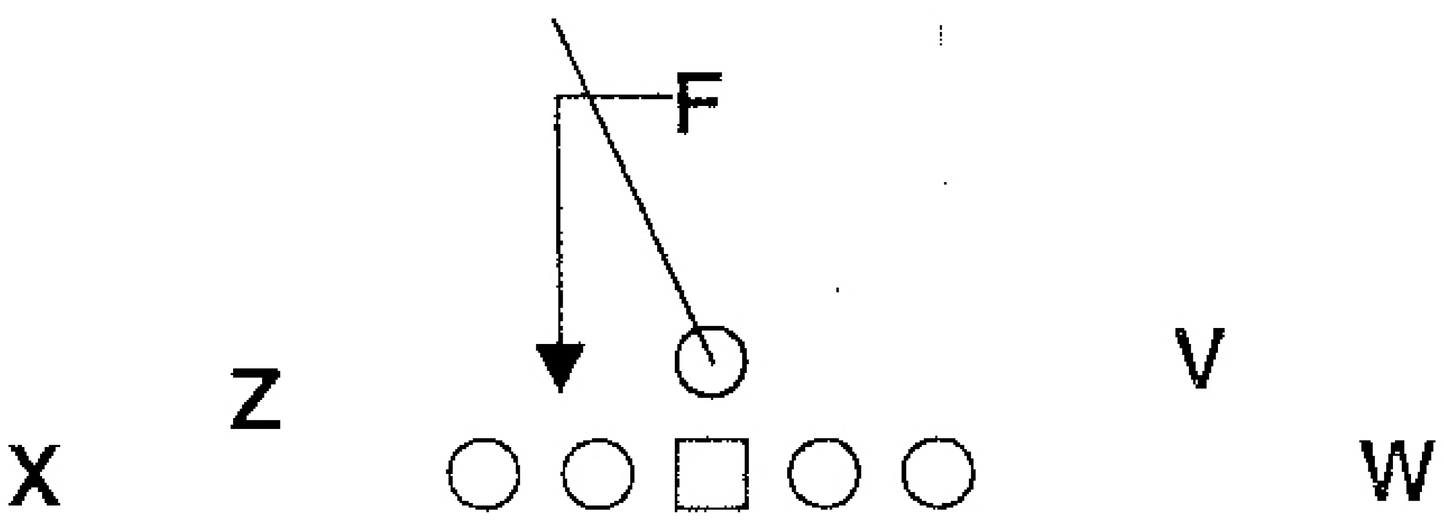
PACKER PASS



RIDE PASS



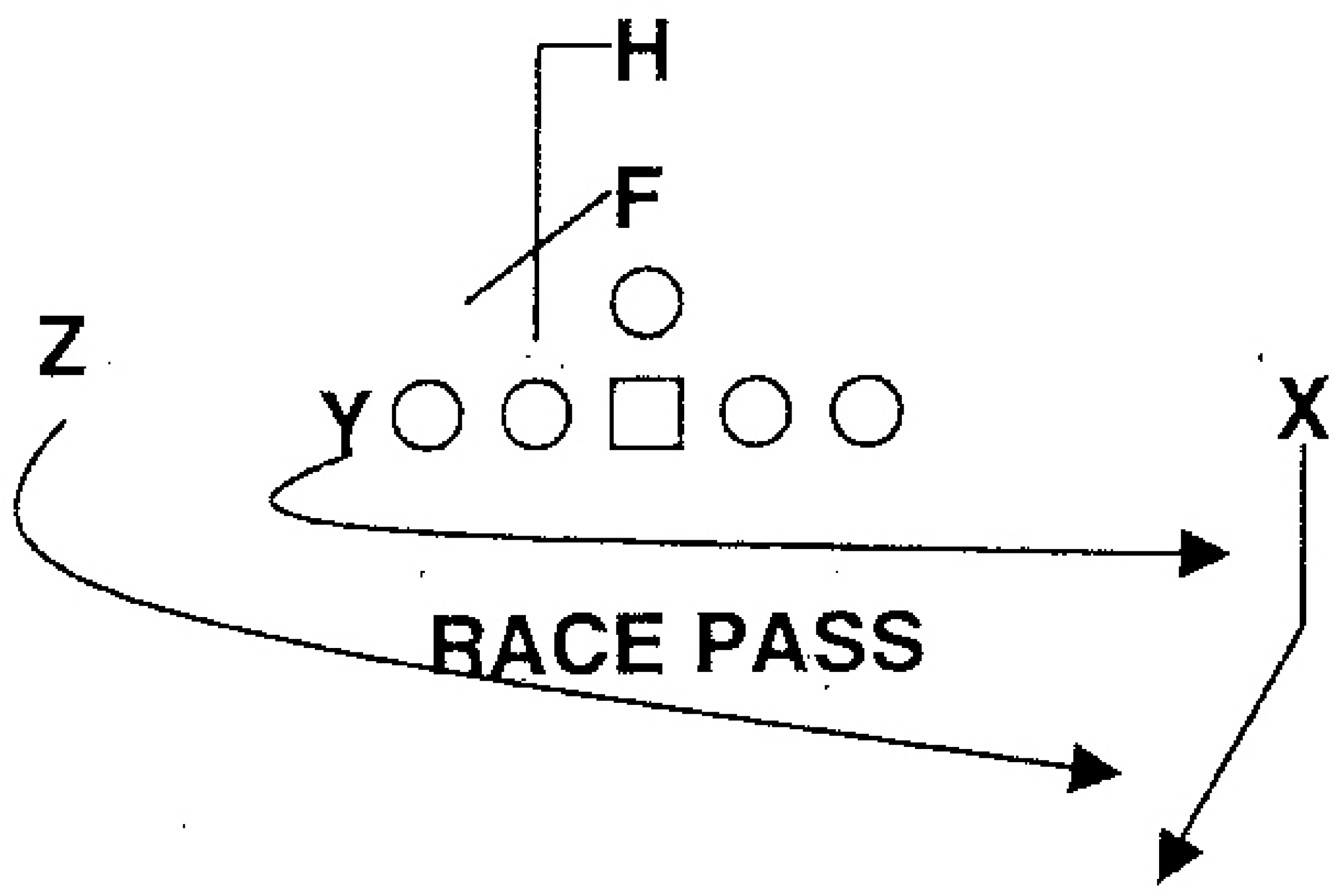
DIVE PASS

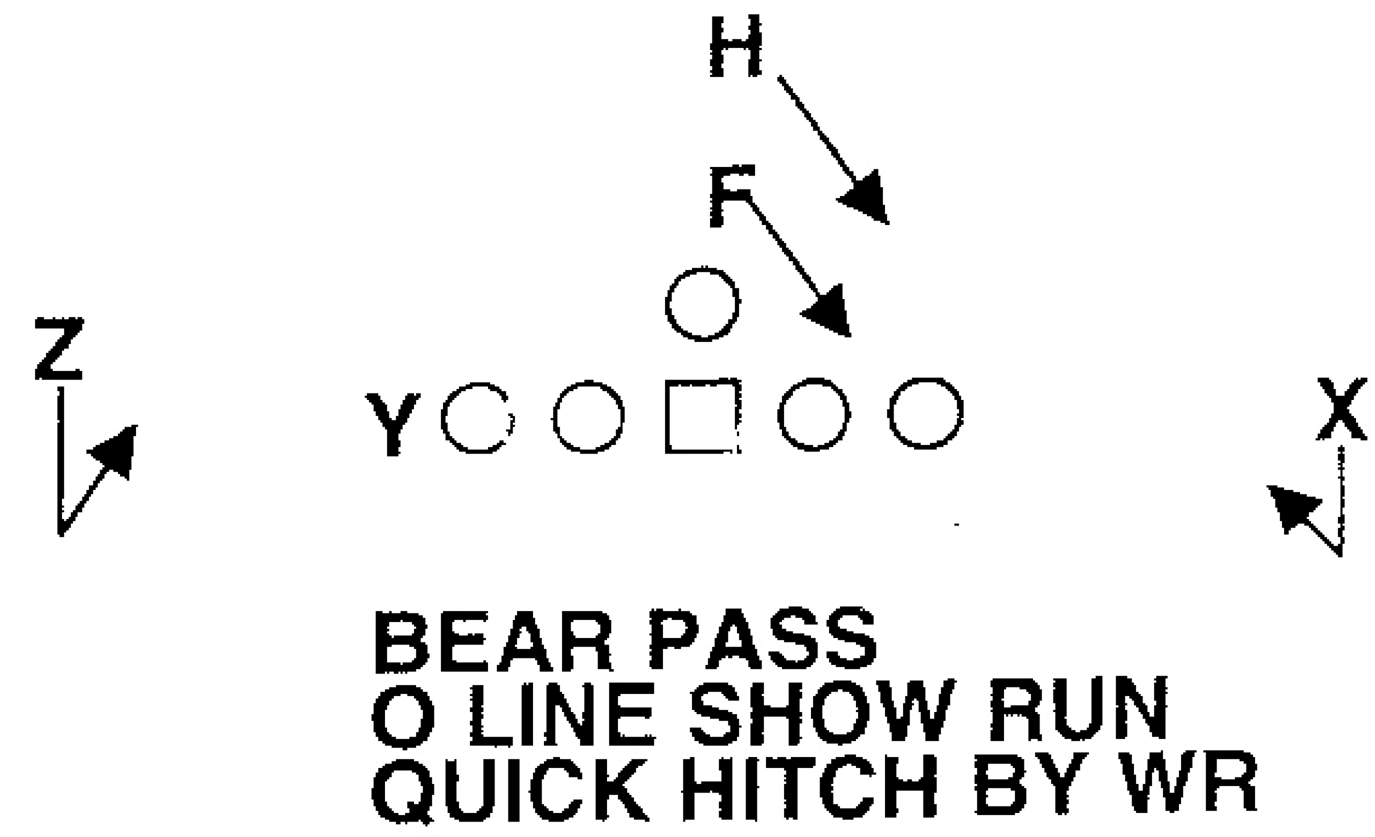


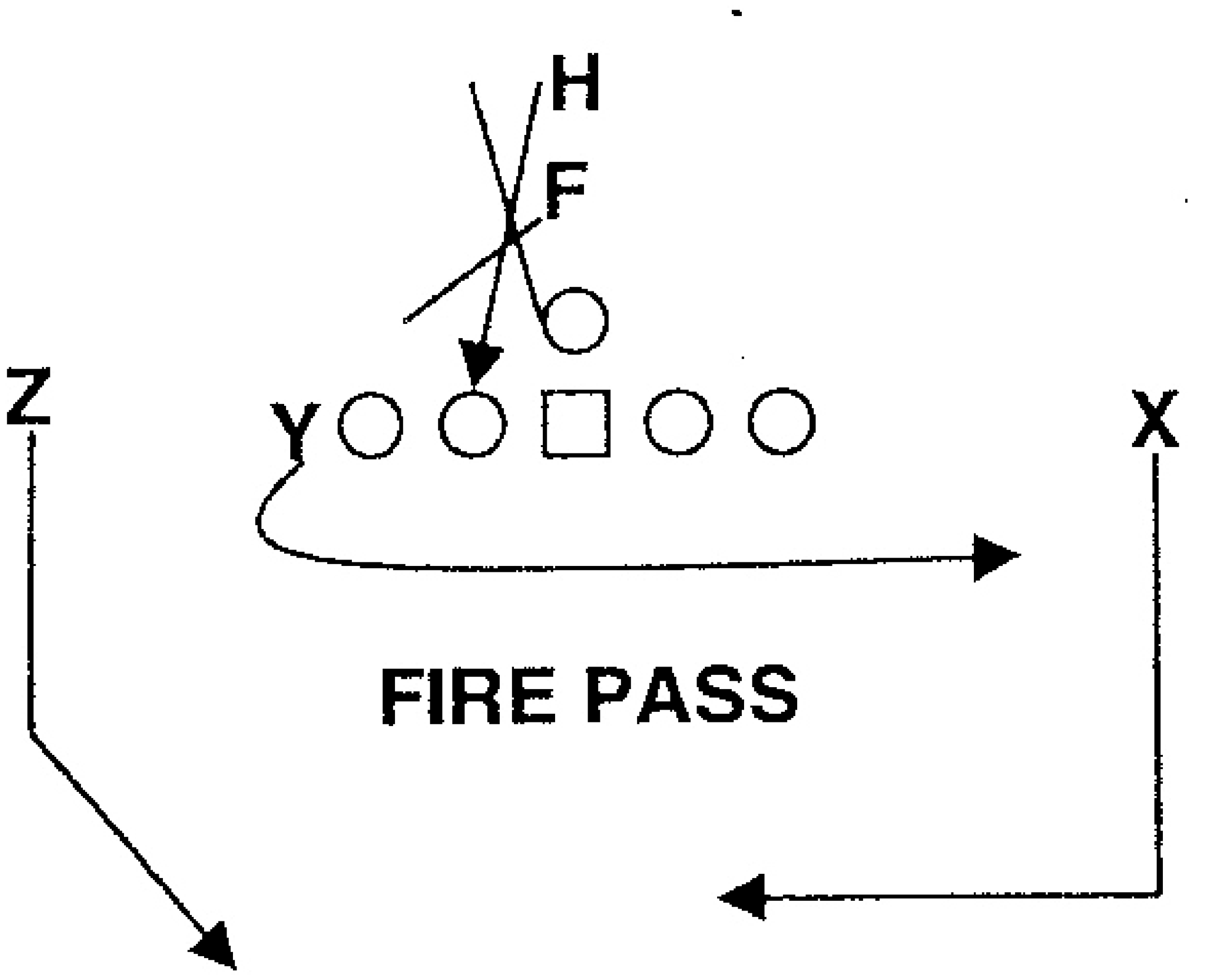
DRAW PASS

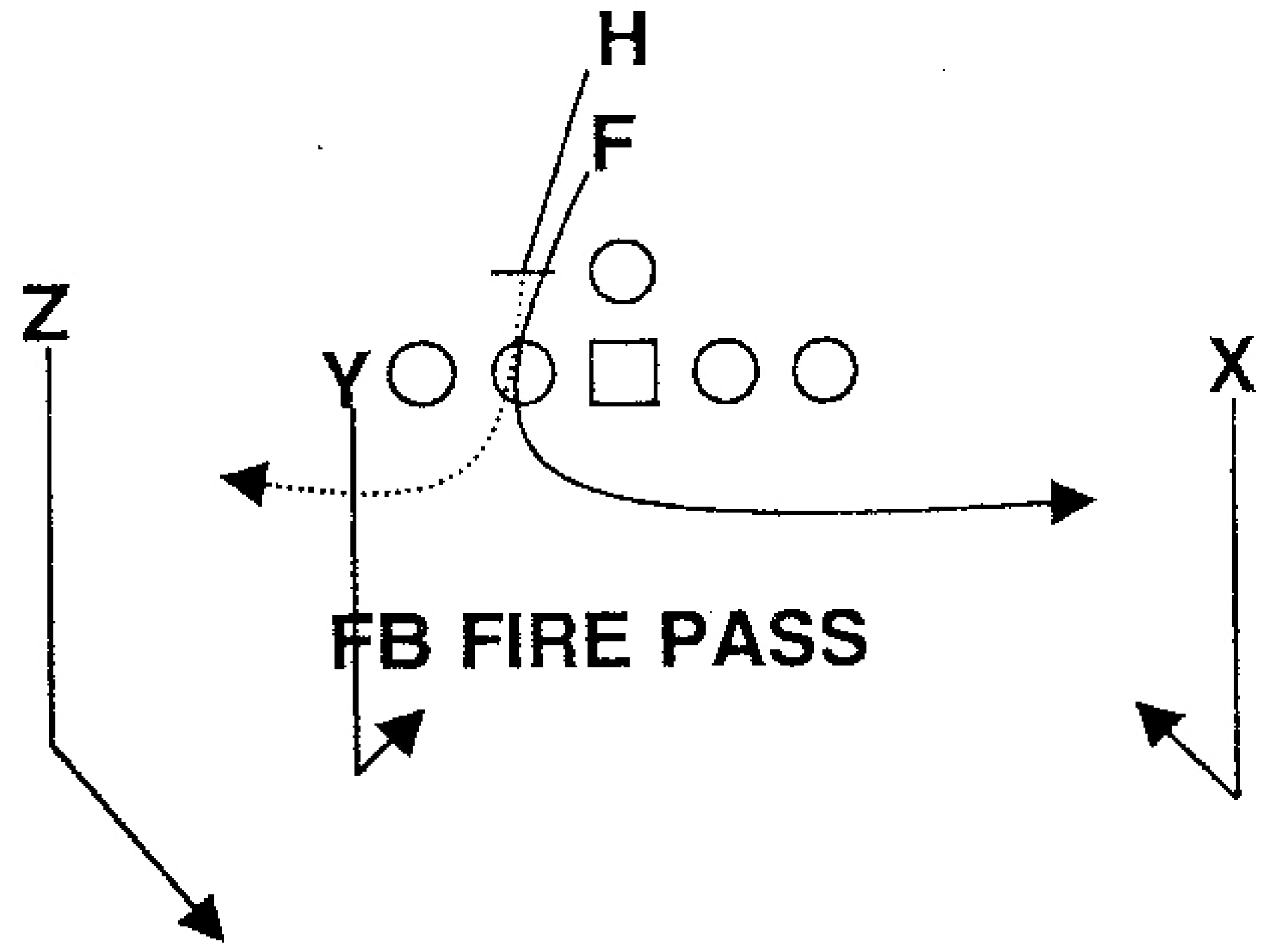
PLAY ACTION PASS

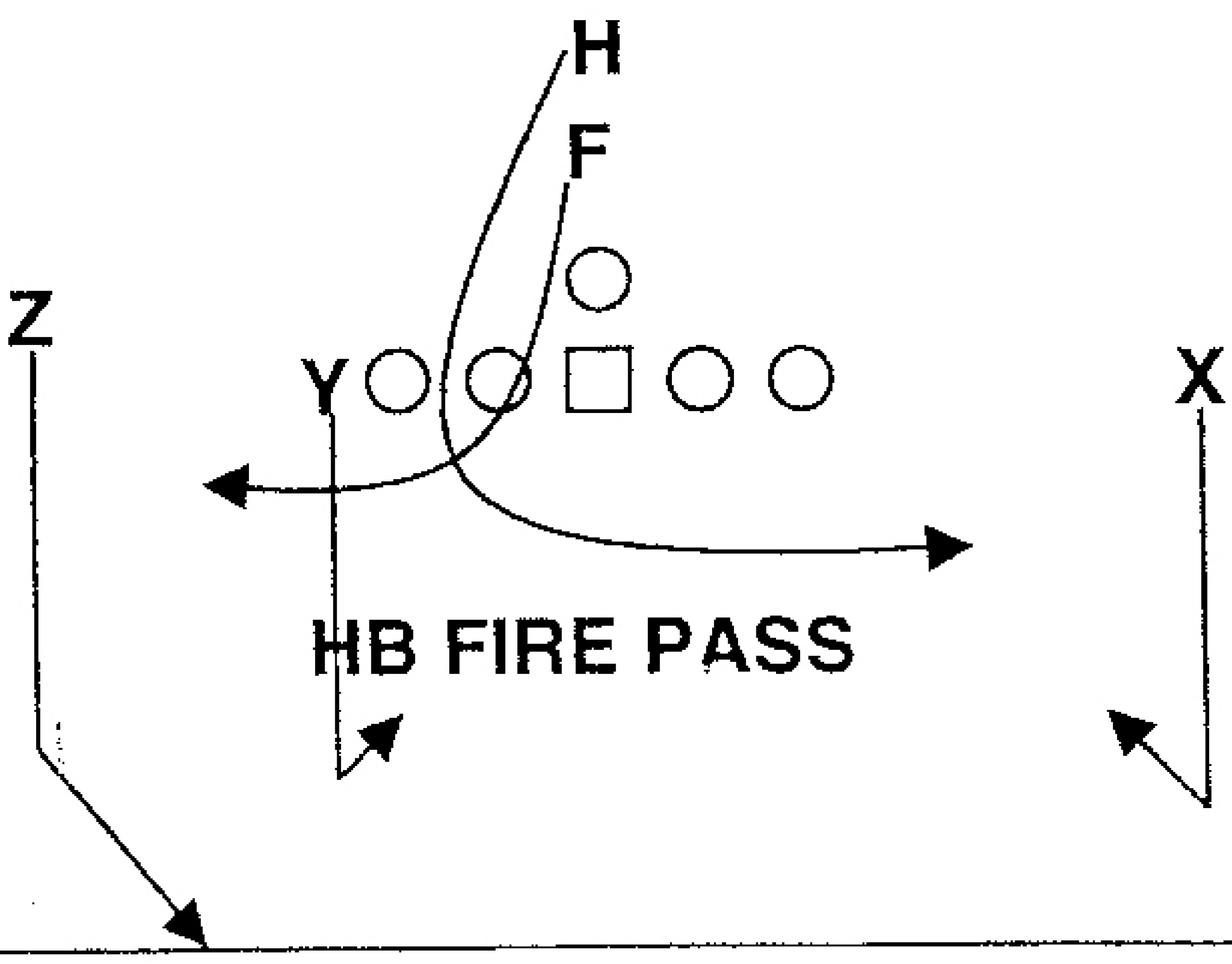
CONT.

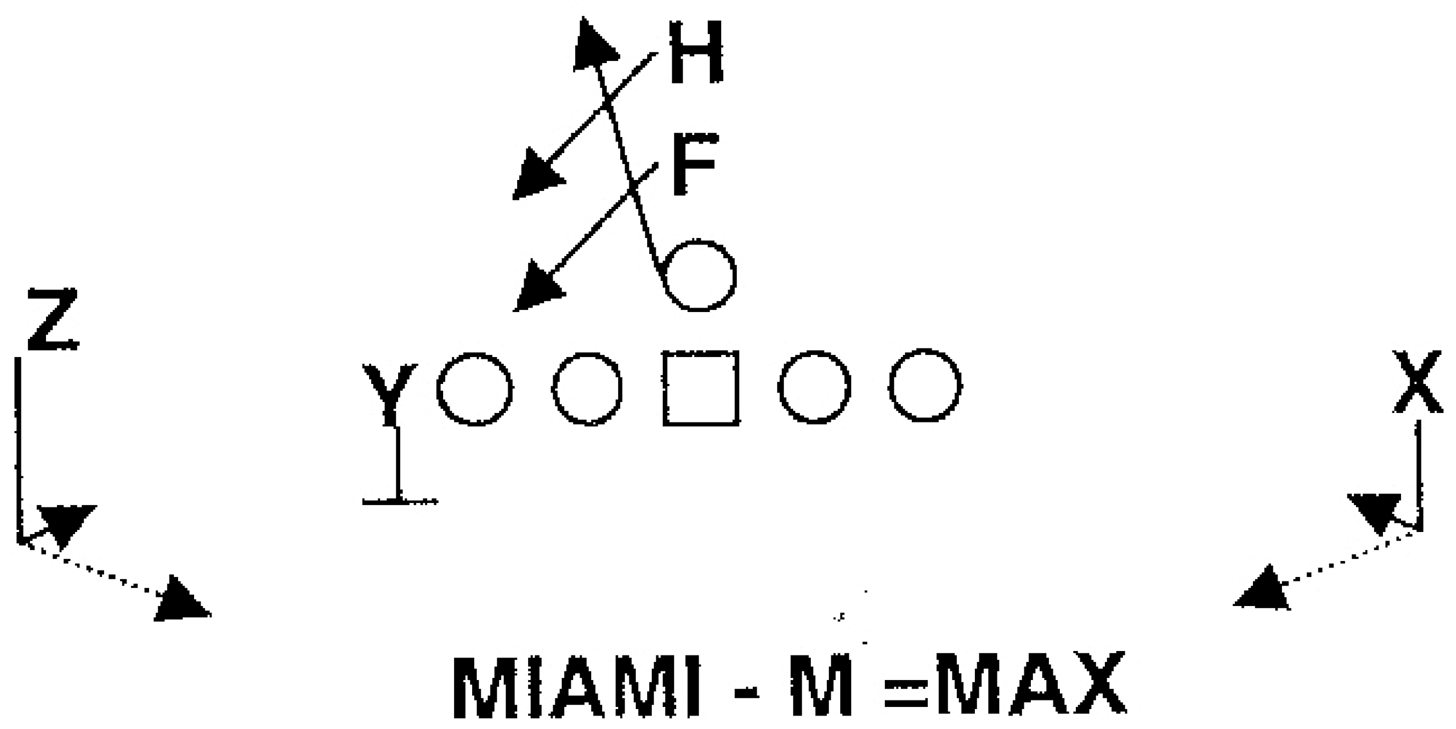


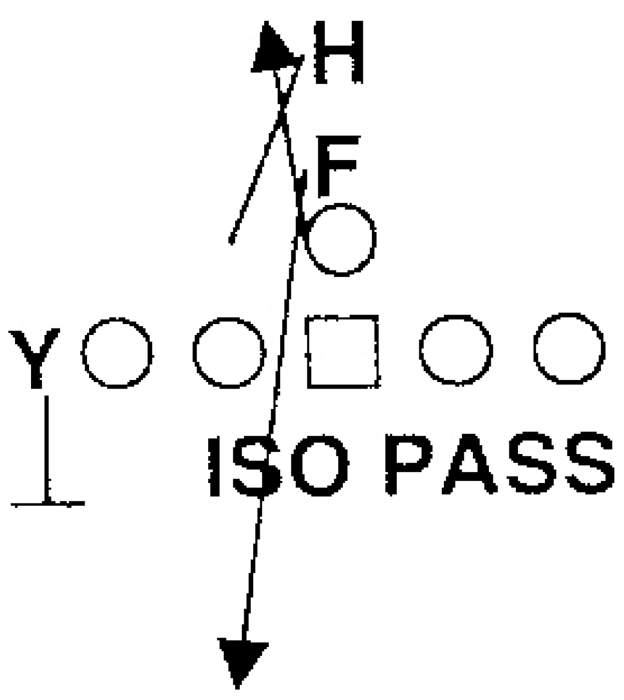


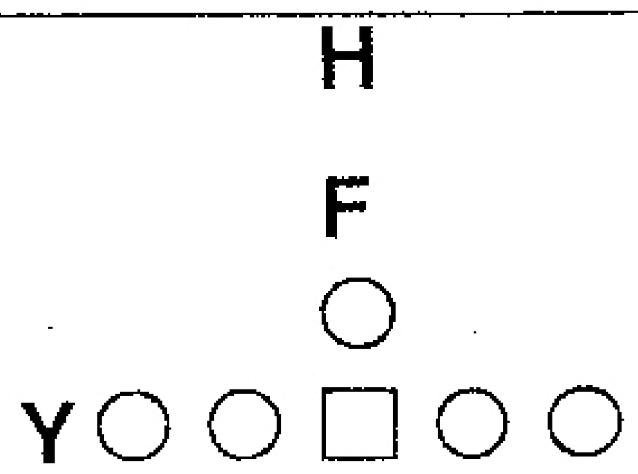




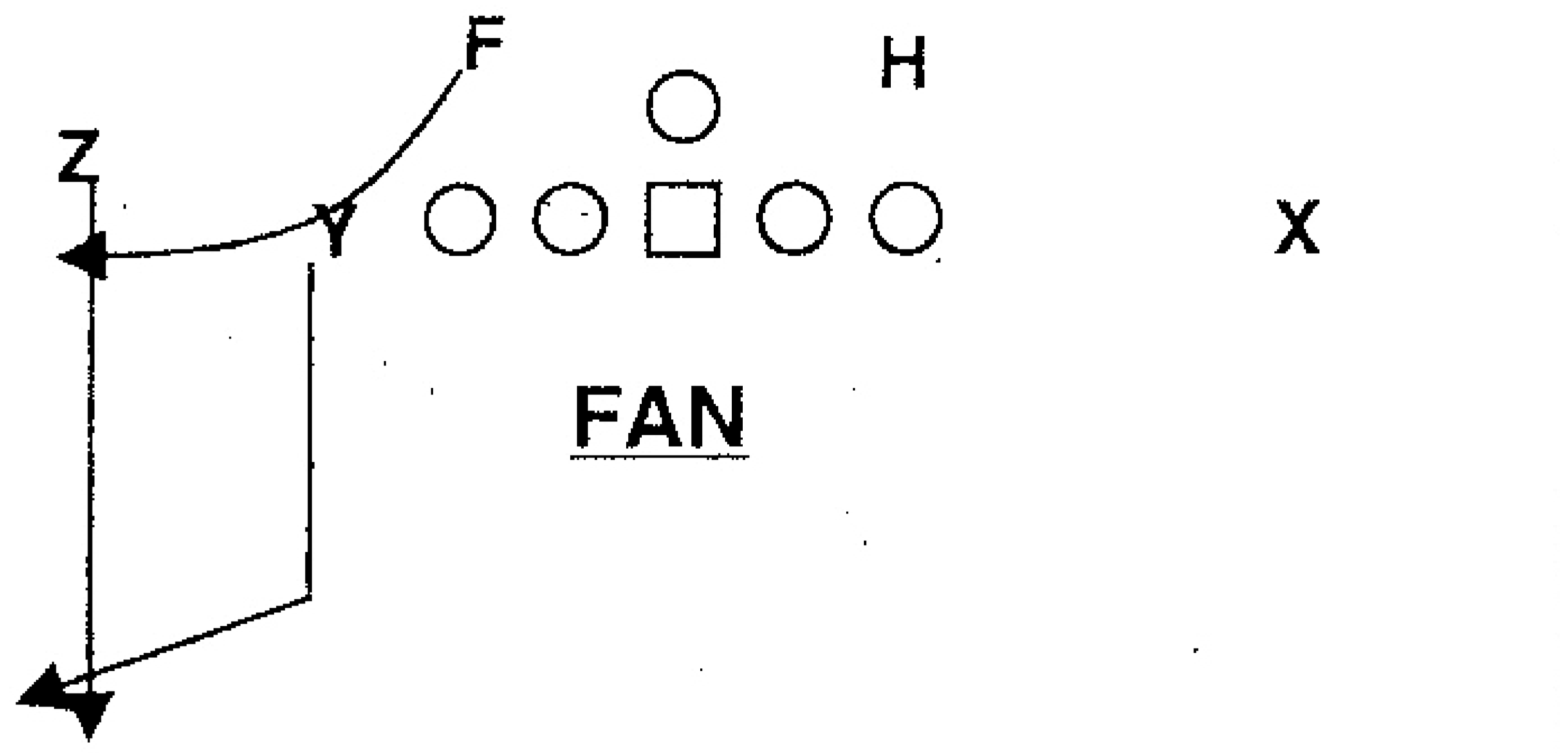




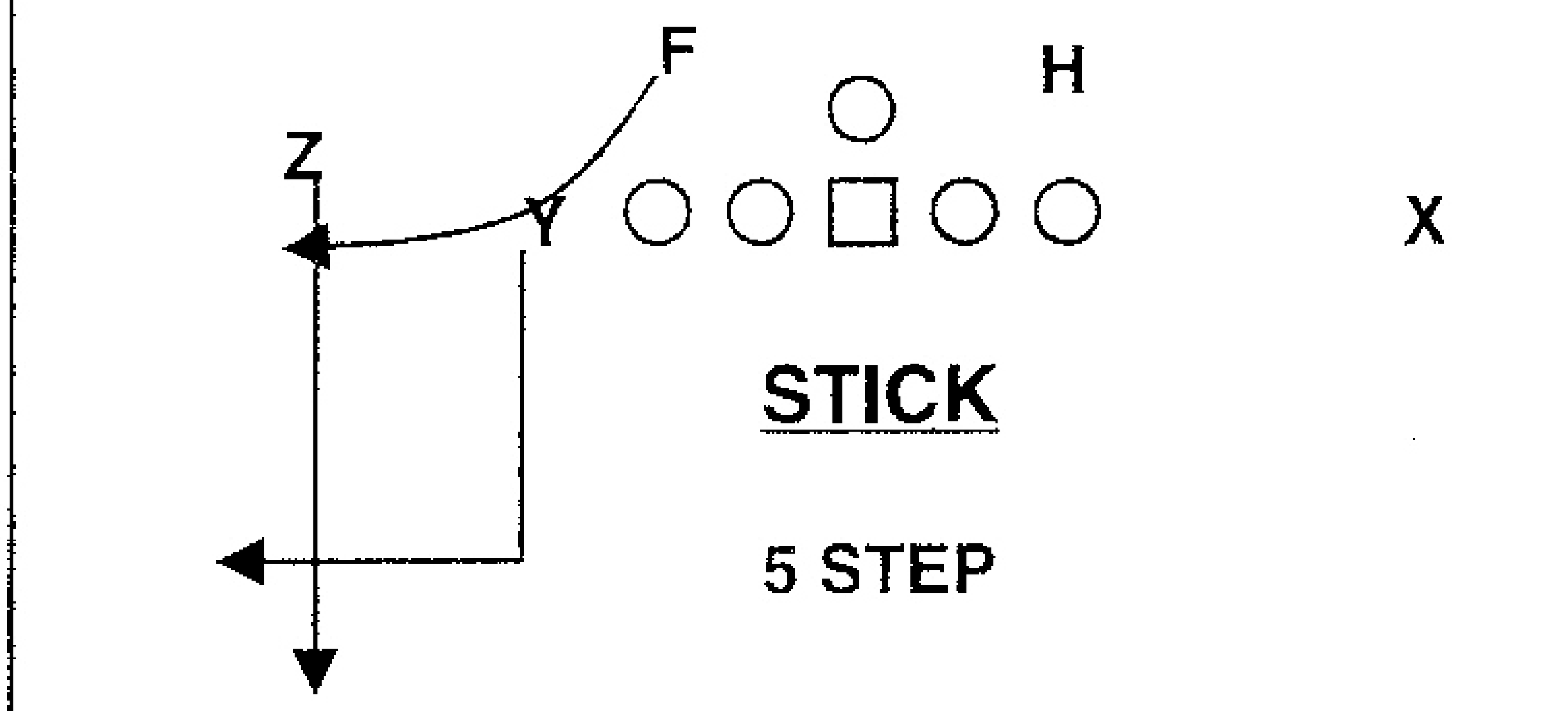




ROUTE NAMES



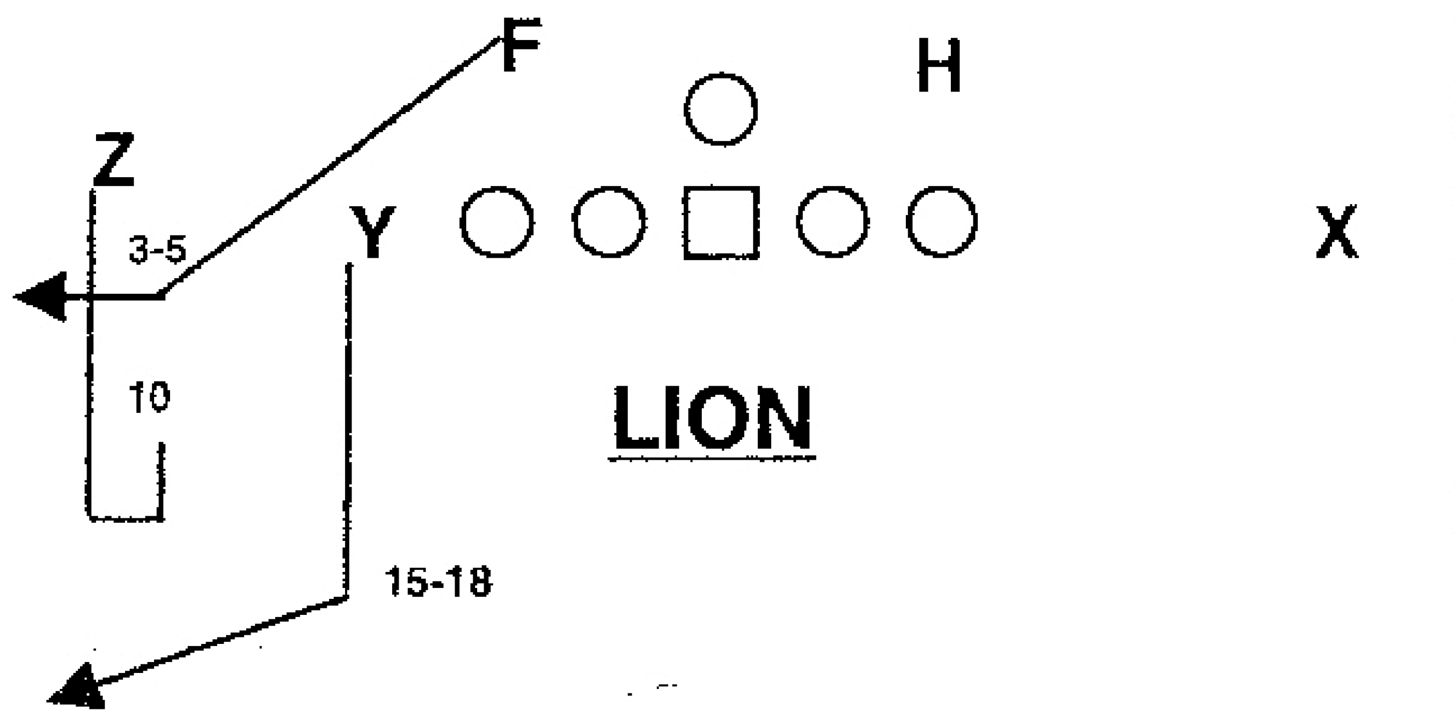
FAN



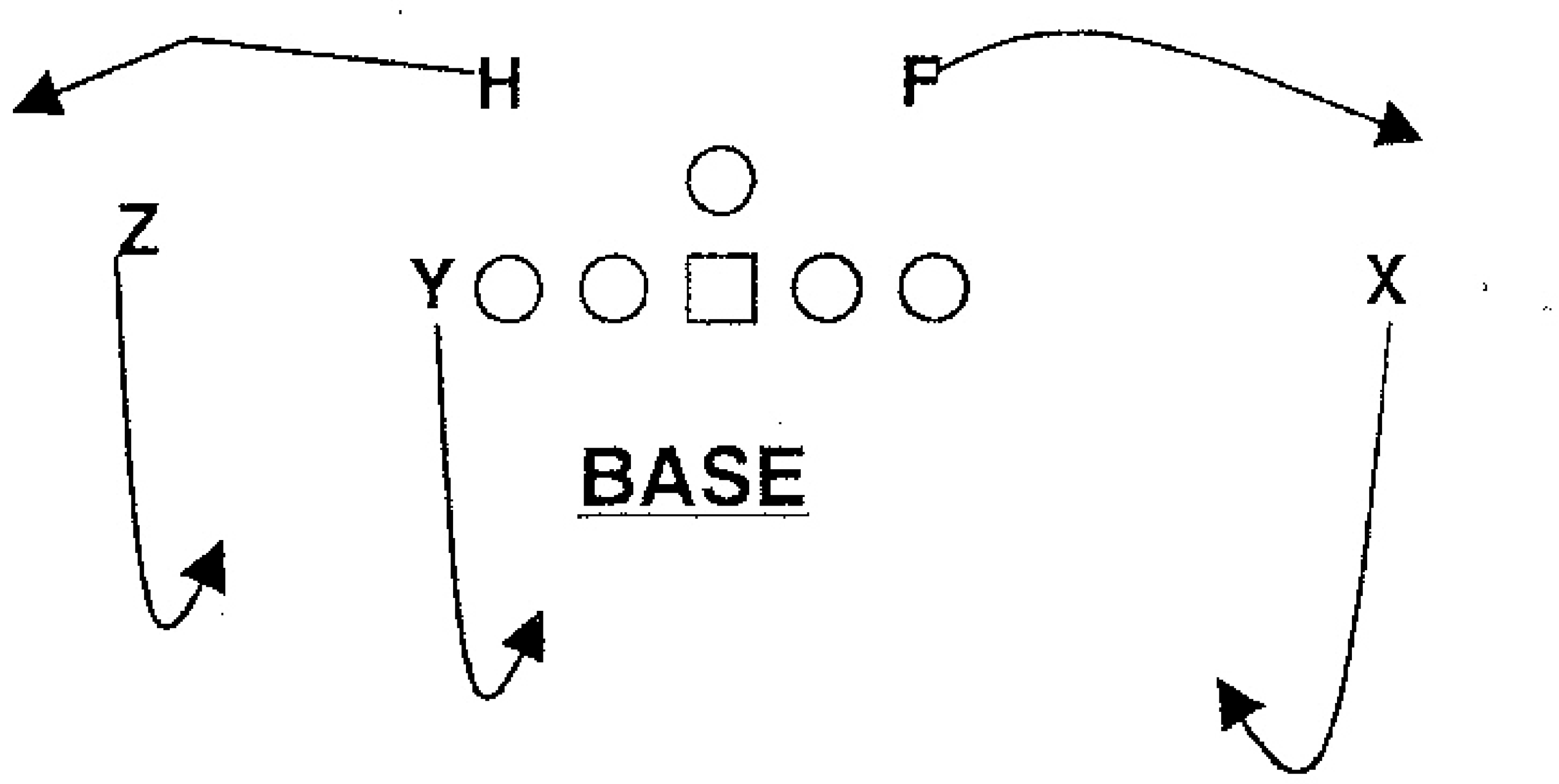
STICK

5 STEP

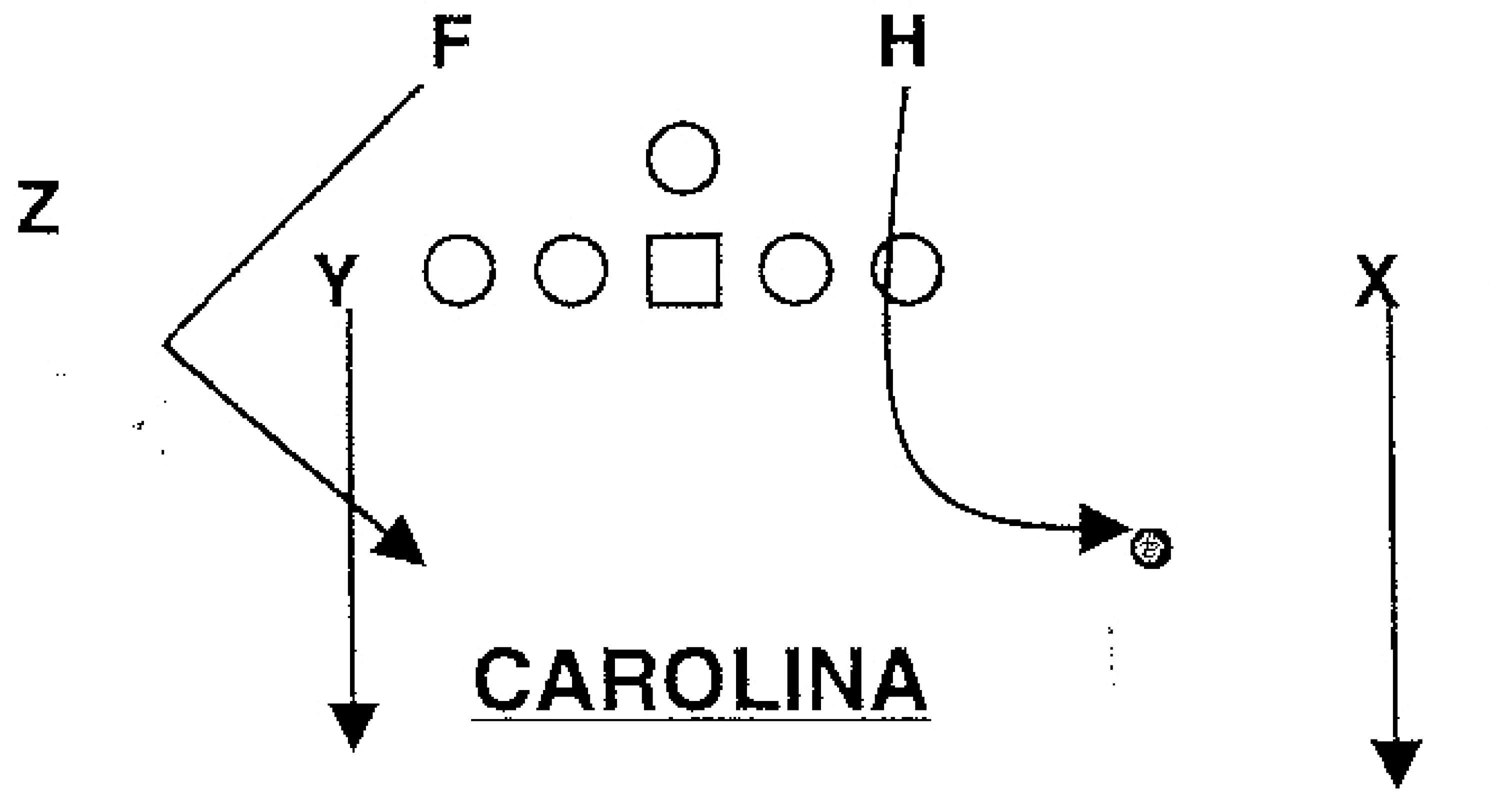
5 STEP



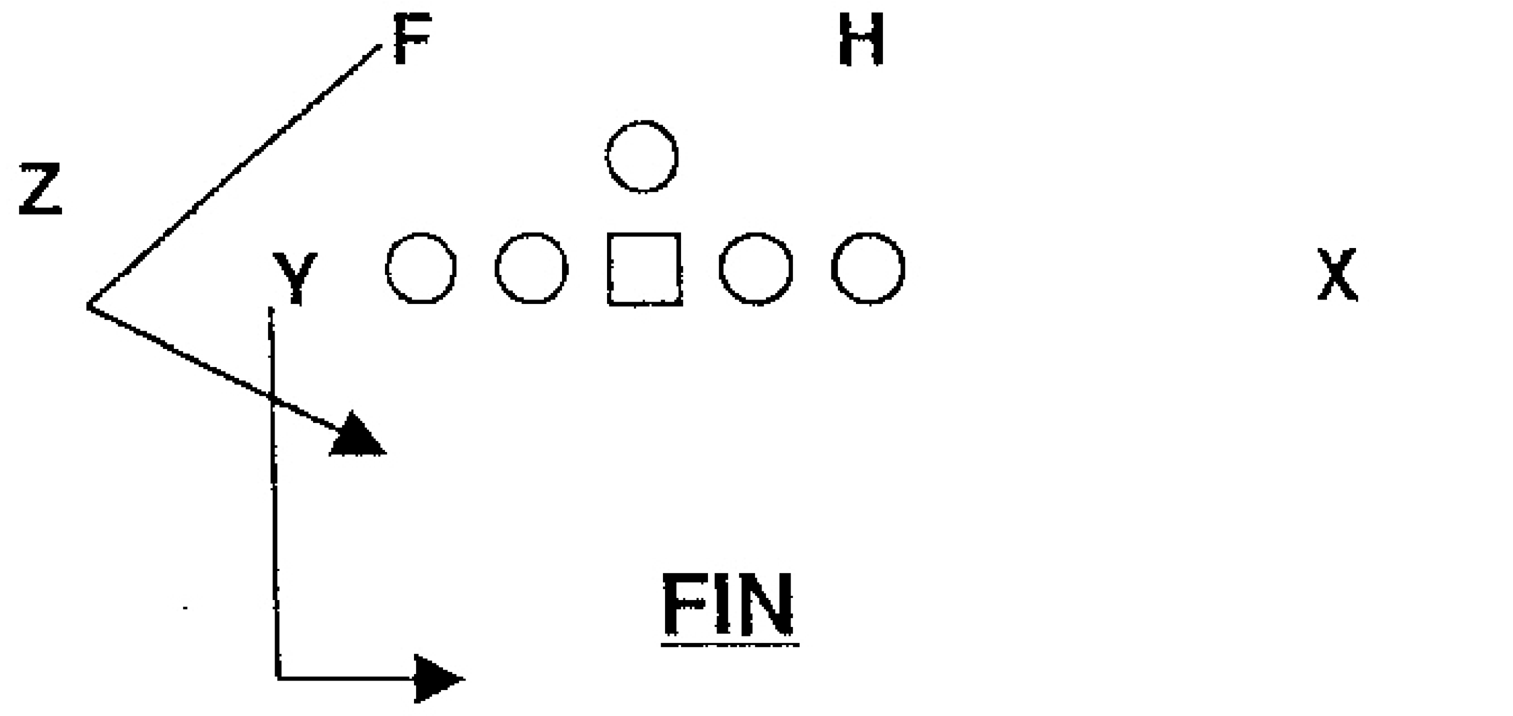
LION



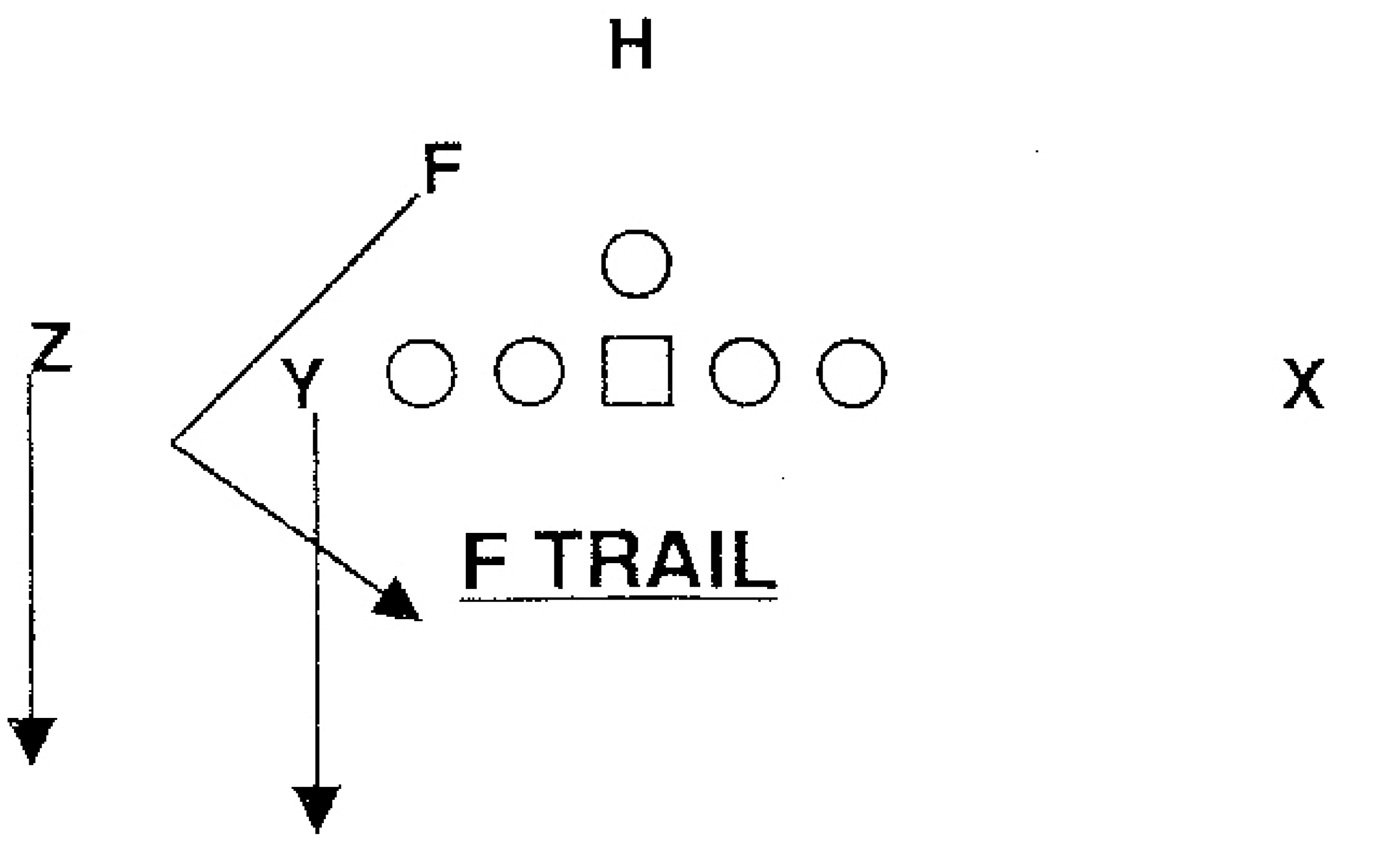
BASE



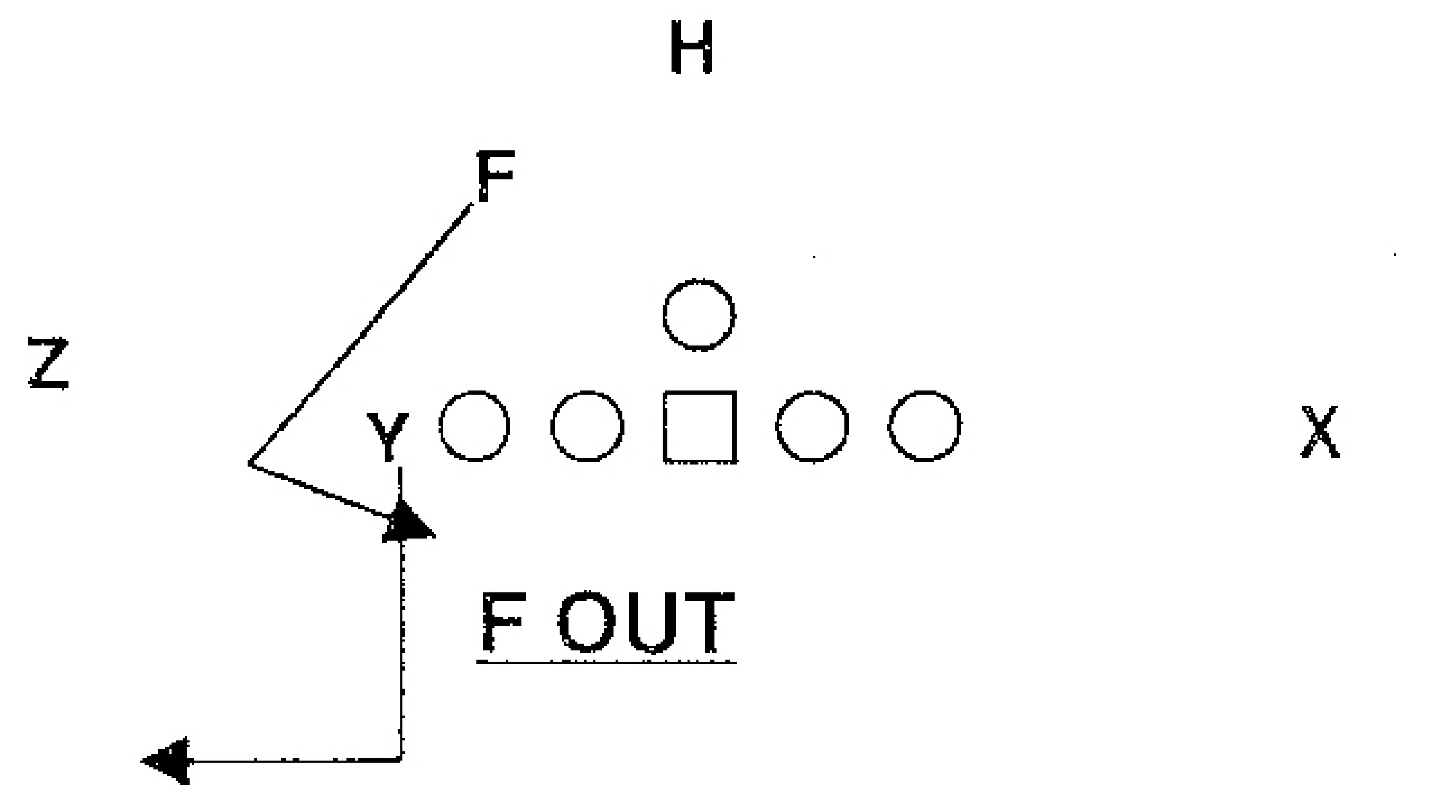
CAROLINA



FIN

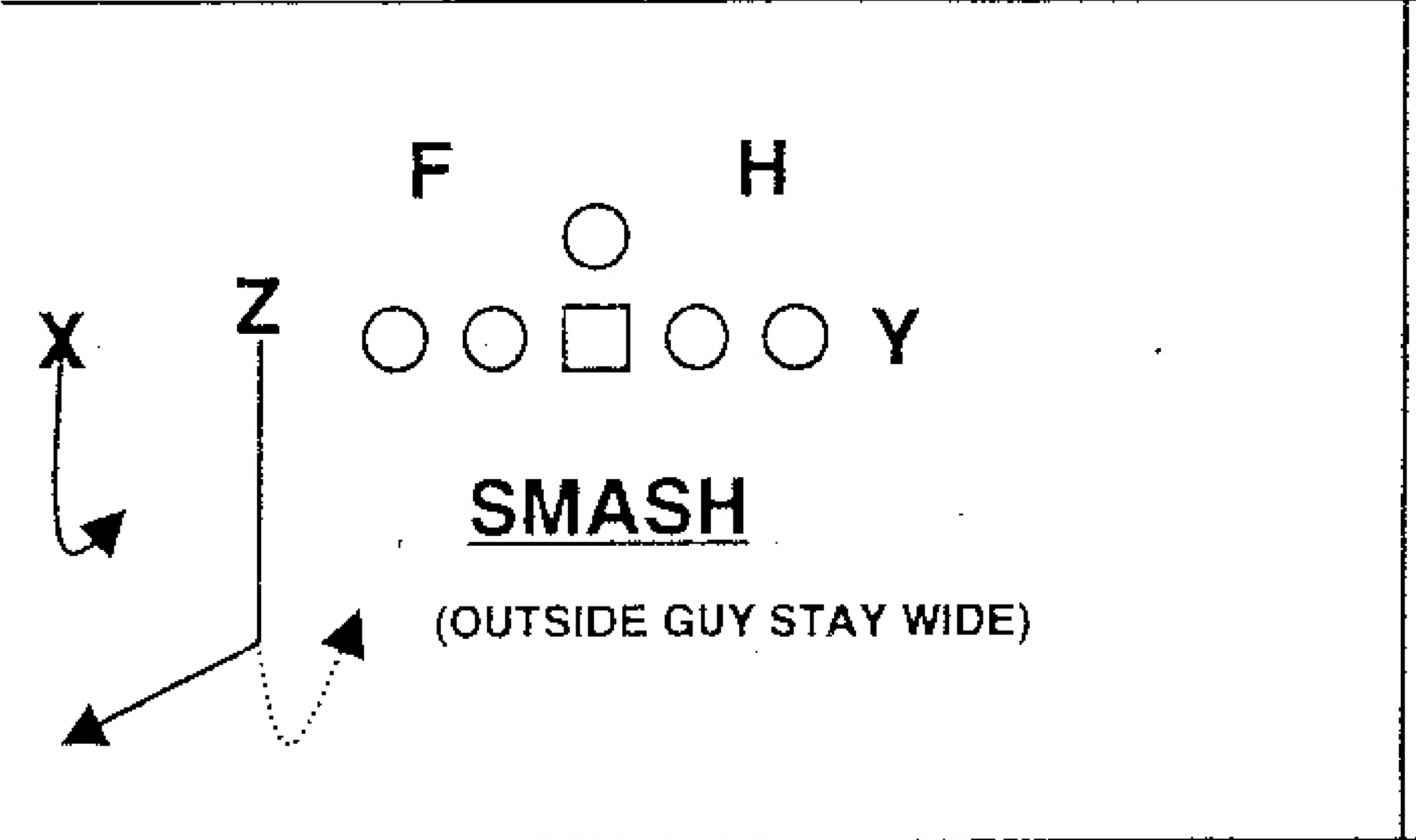


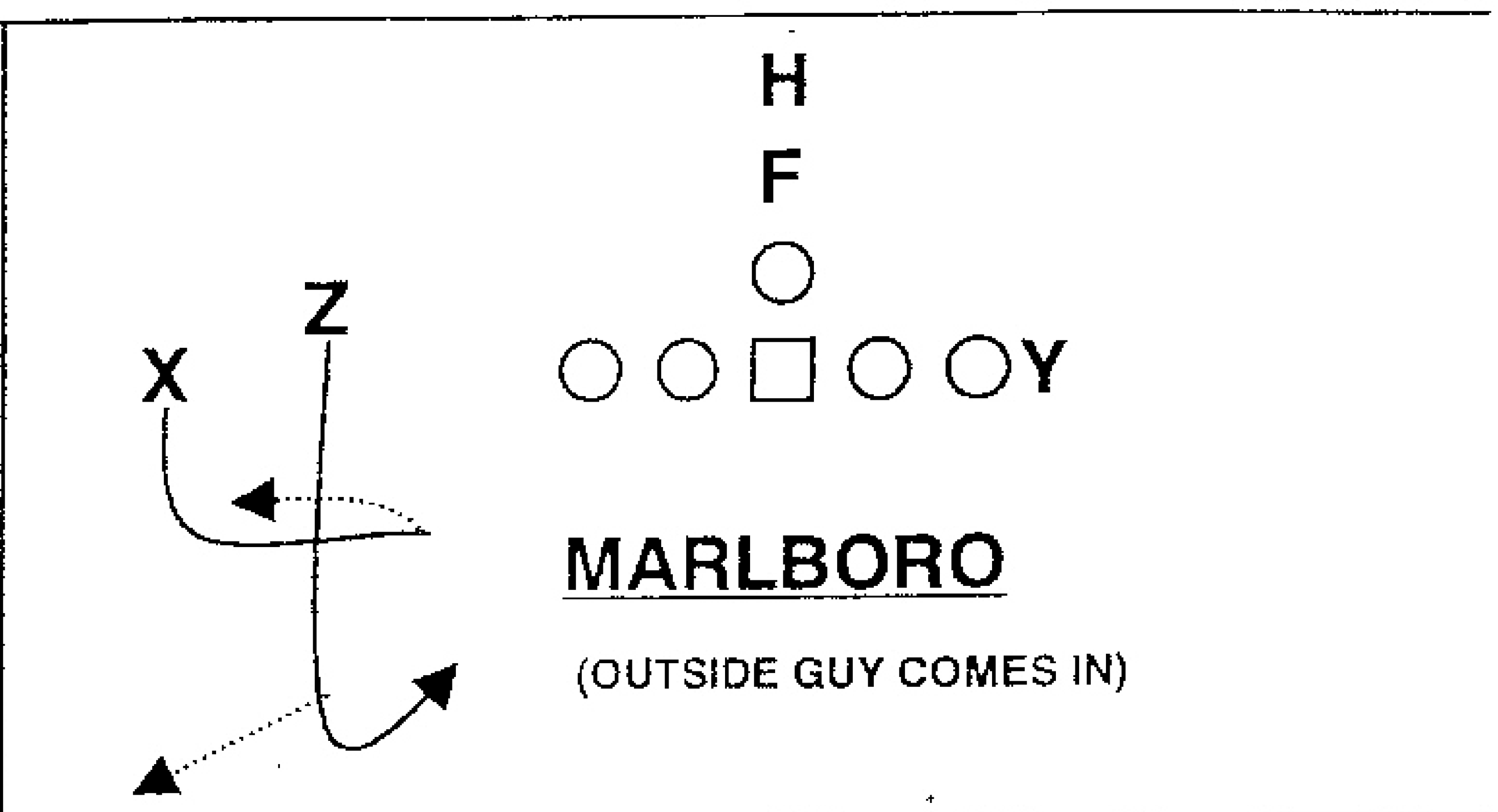
F TRAIL

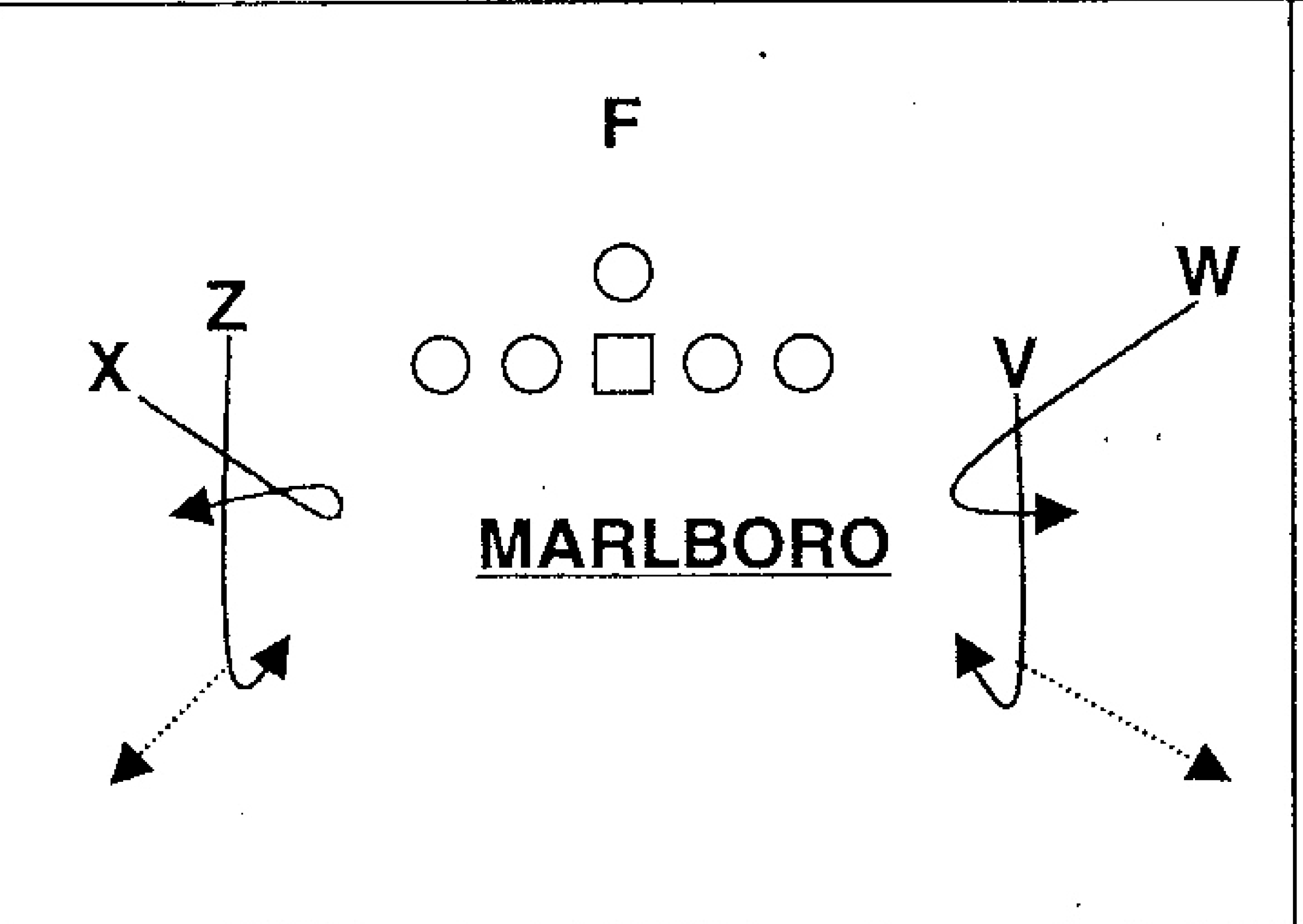


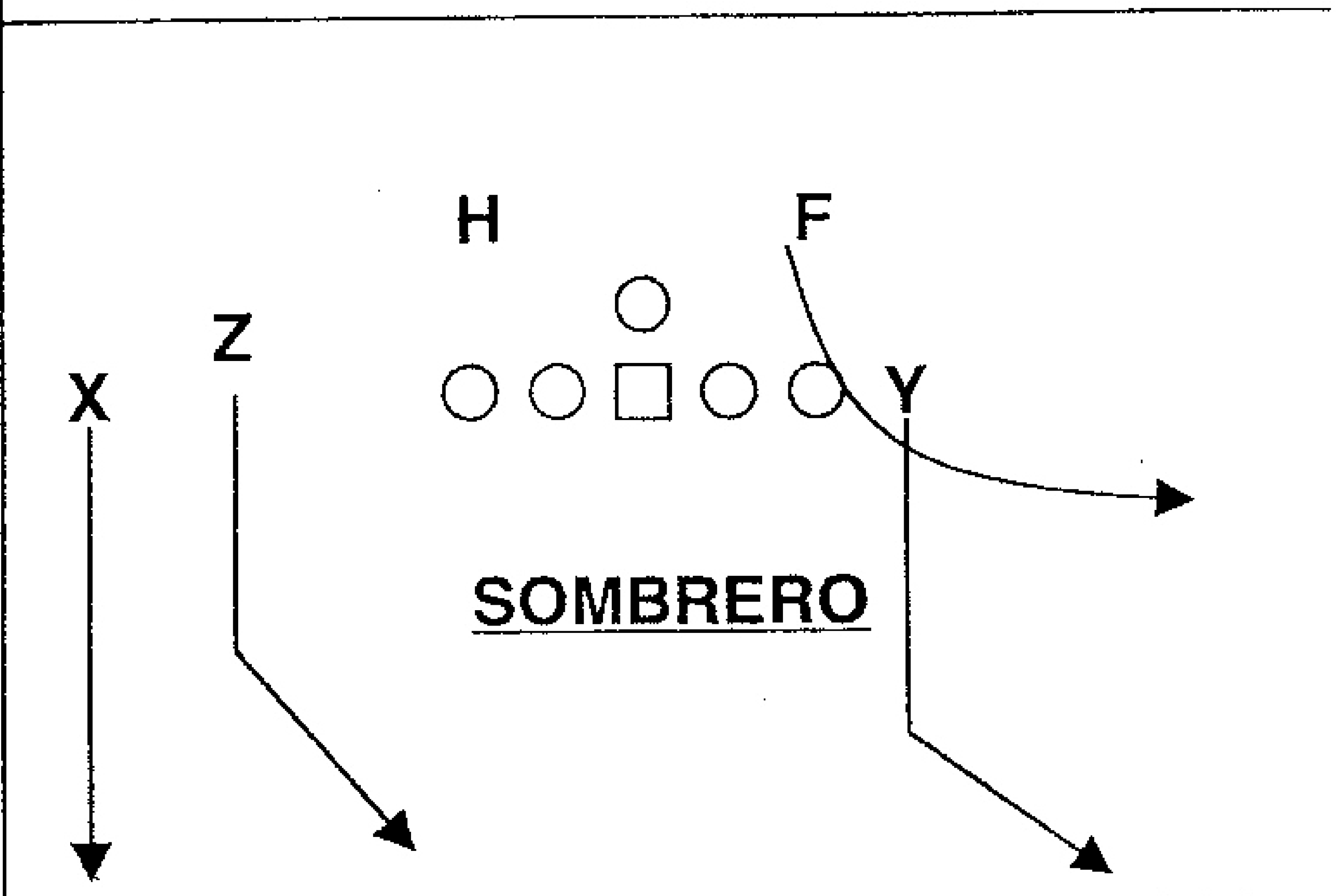
F OUT

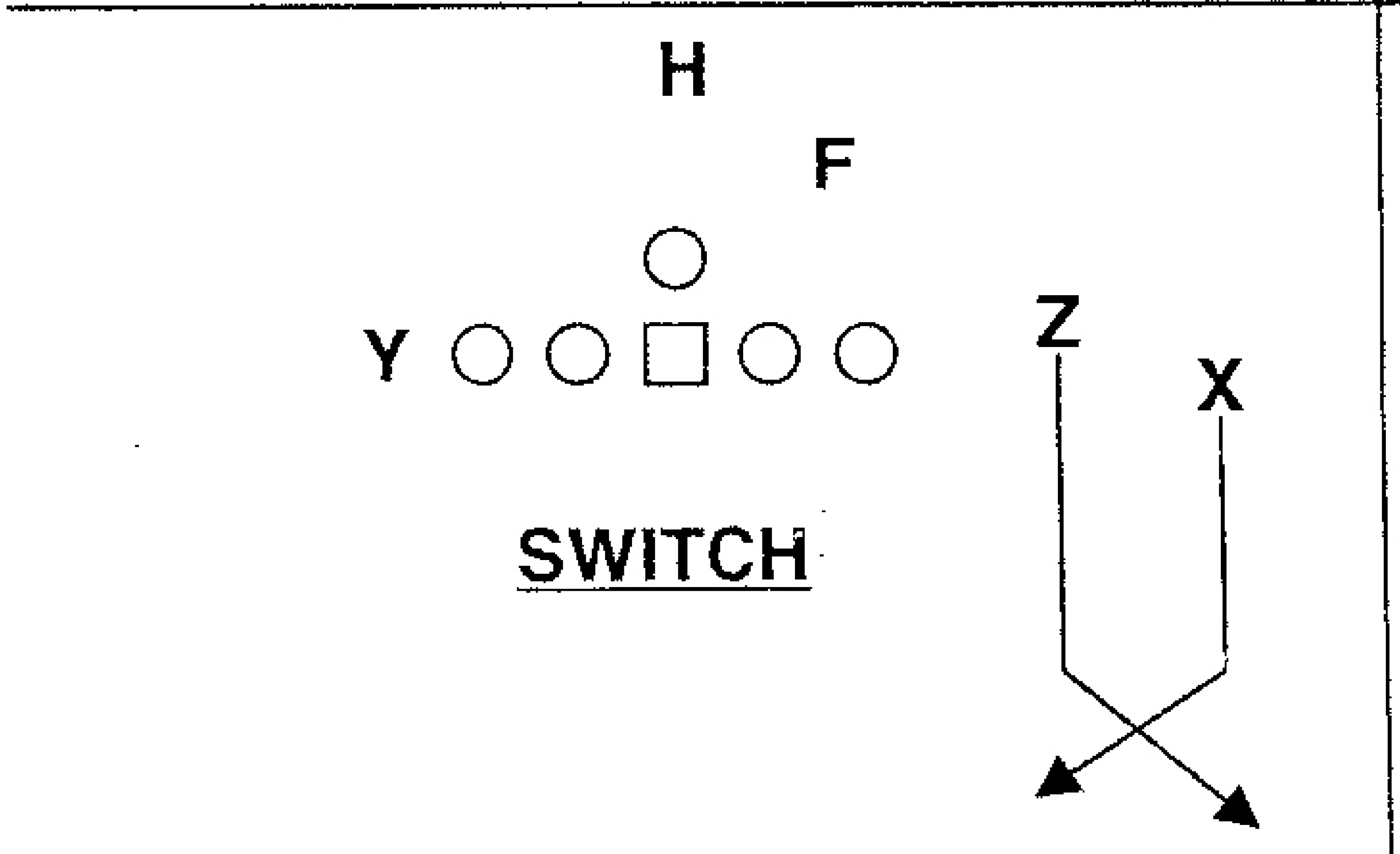
ROUTE NAMES

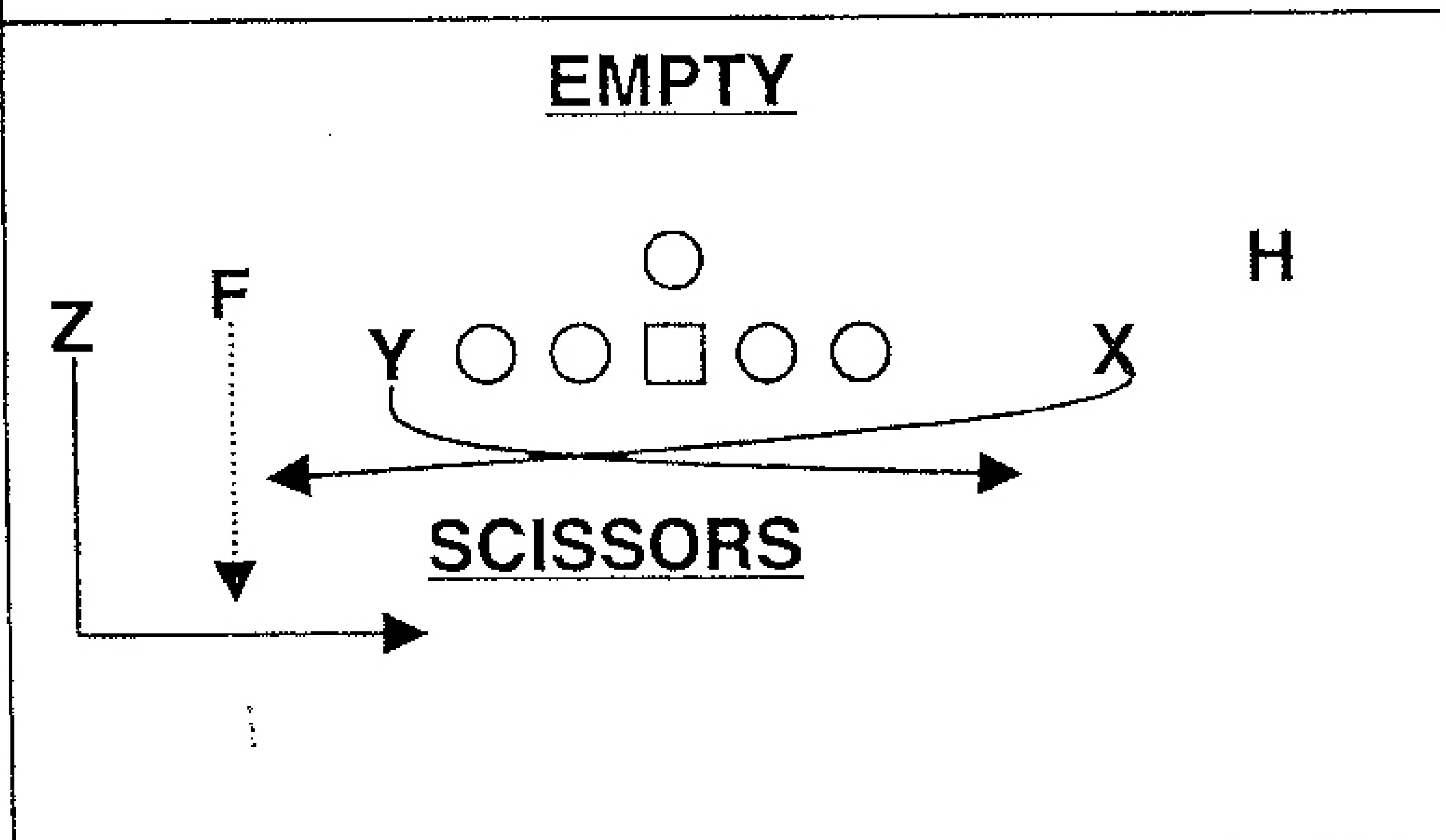

F H
X Z Y
SMASH
(OUTSIDE GUY STAY WIDE)

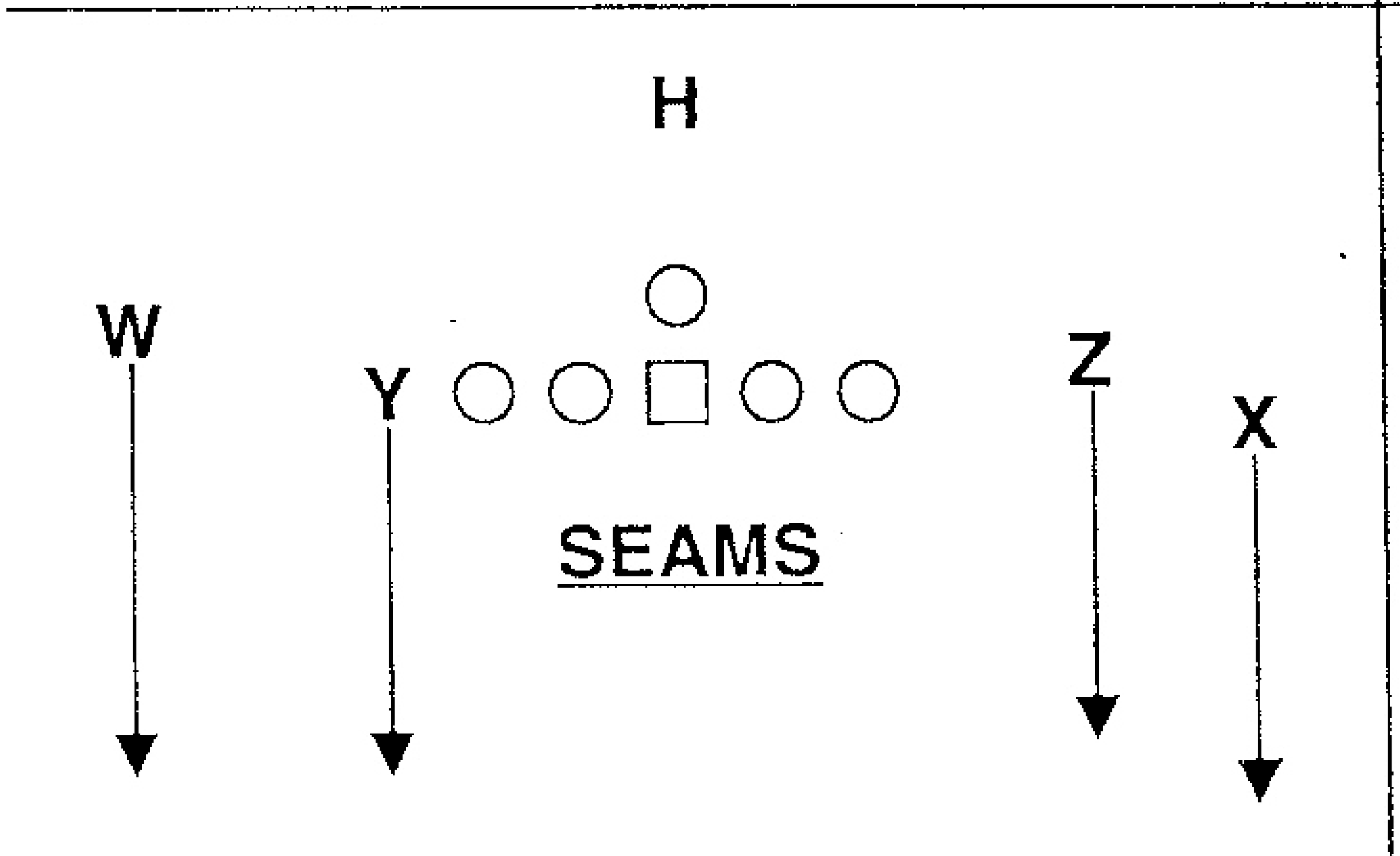

H
F
X Z Y
MARLBORO
(OUTSIDE GUY COMES IN)

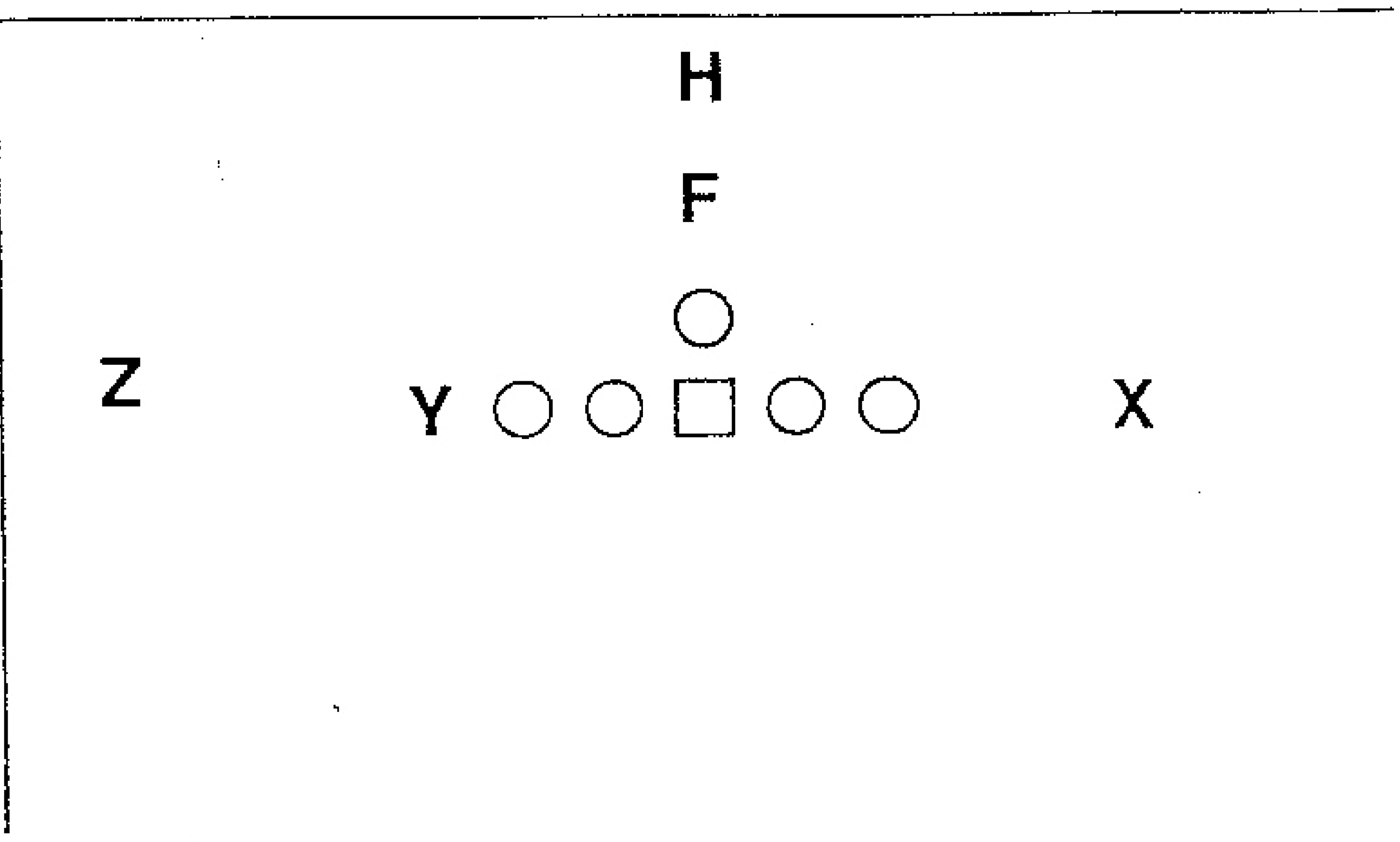

F
X Z V W
MARLBORO


H F
X Z Y
SOMBRERO

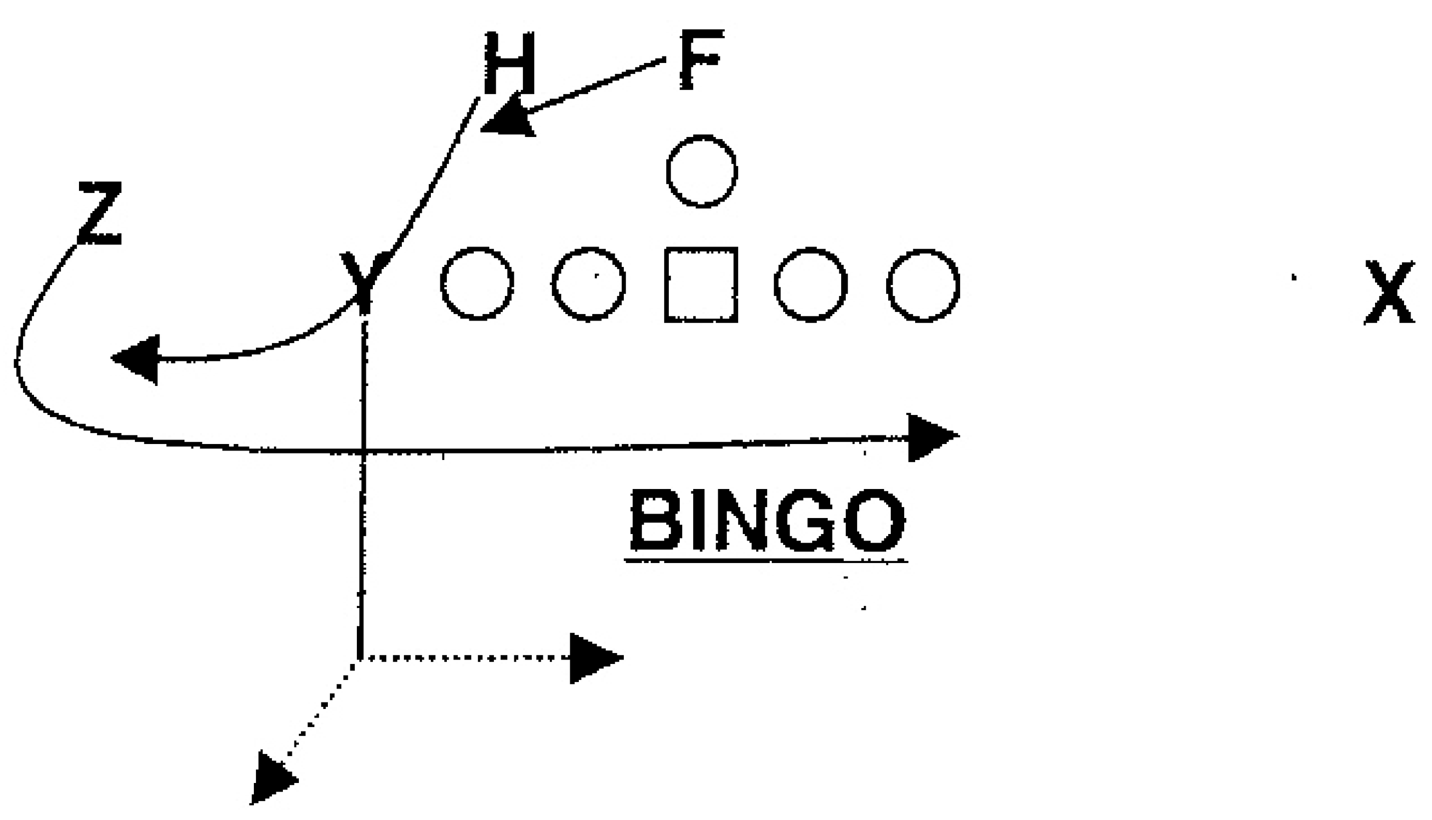

H
F
Y Z X
SWITCH

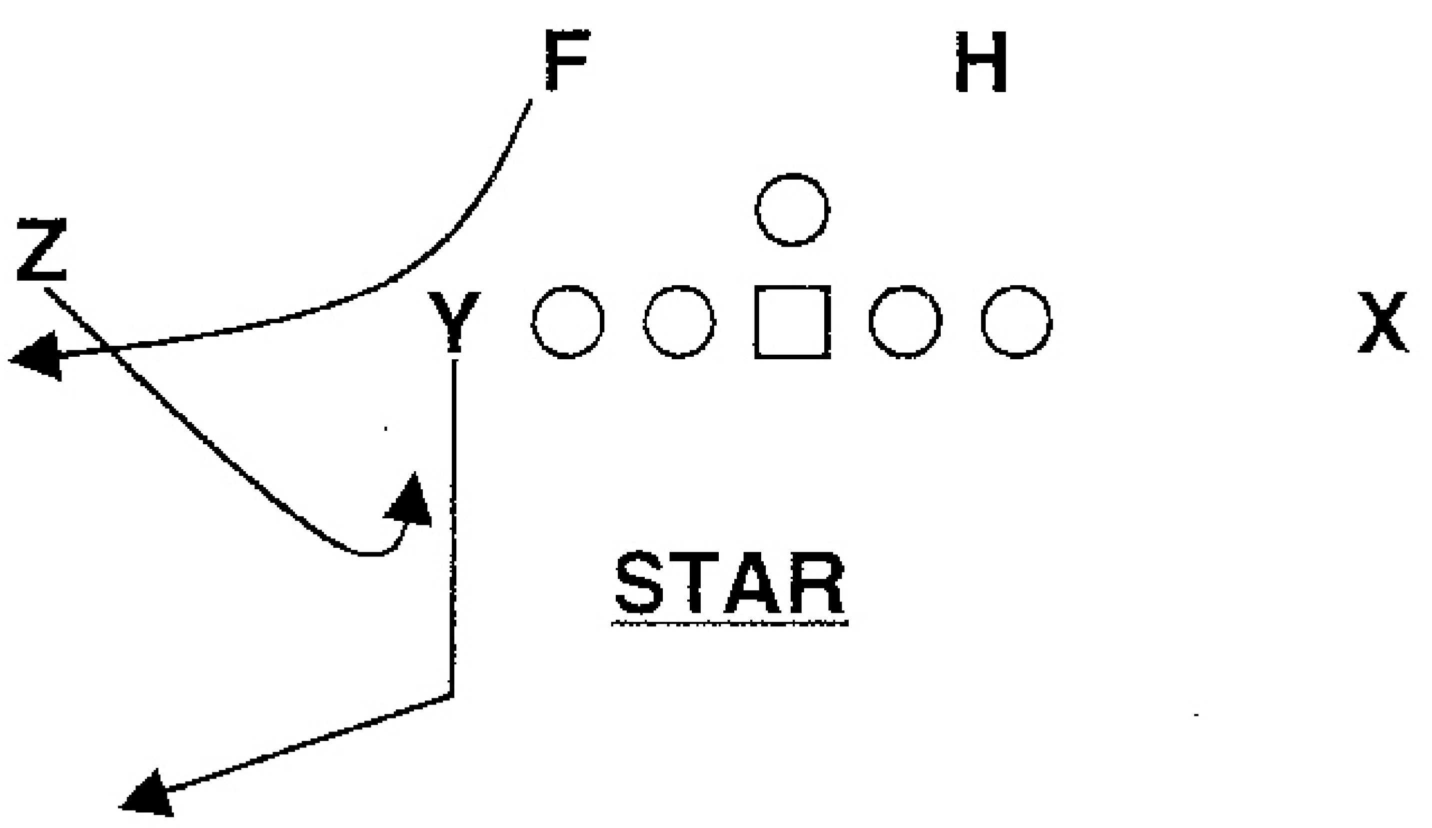

EMPTY
H
Z F Y X
SCISSORS

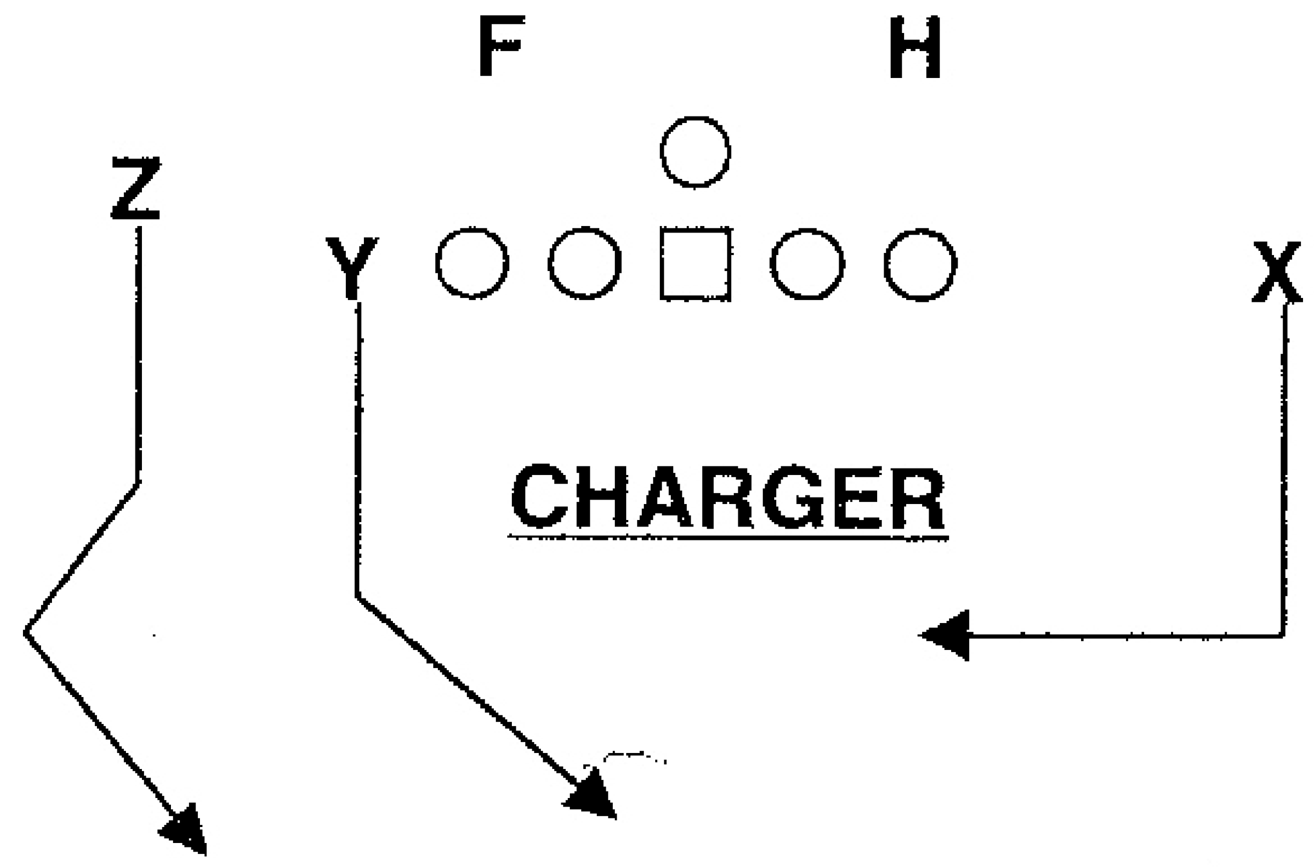

H
W Y Z X
SEAMS

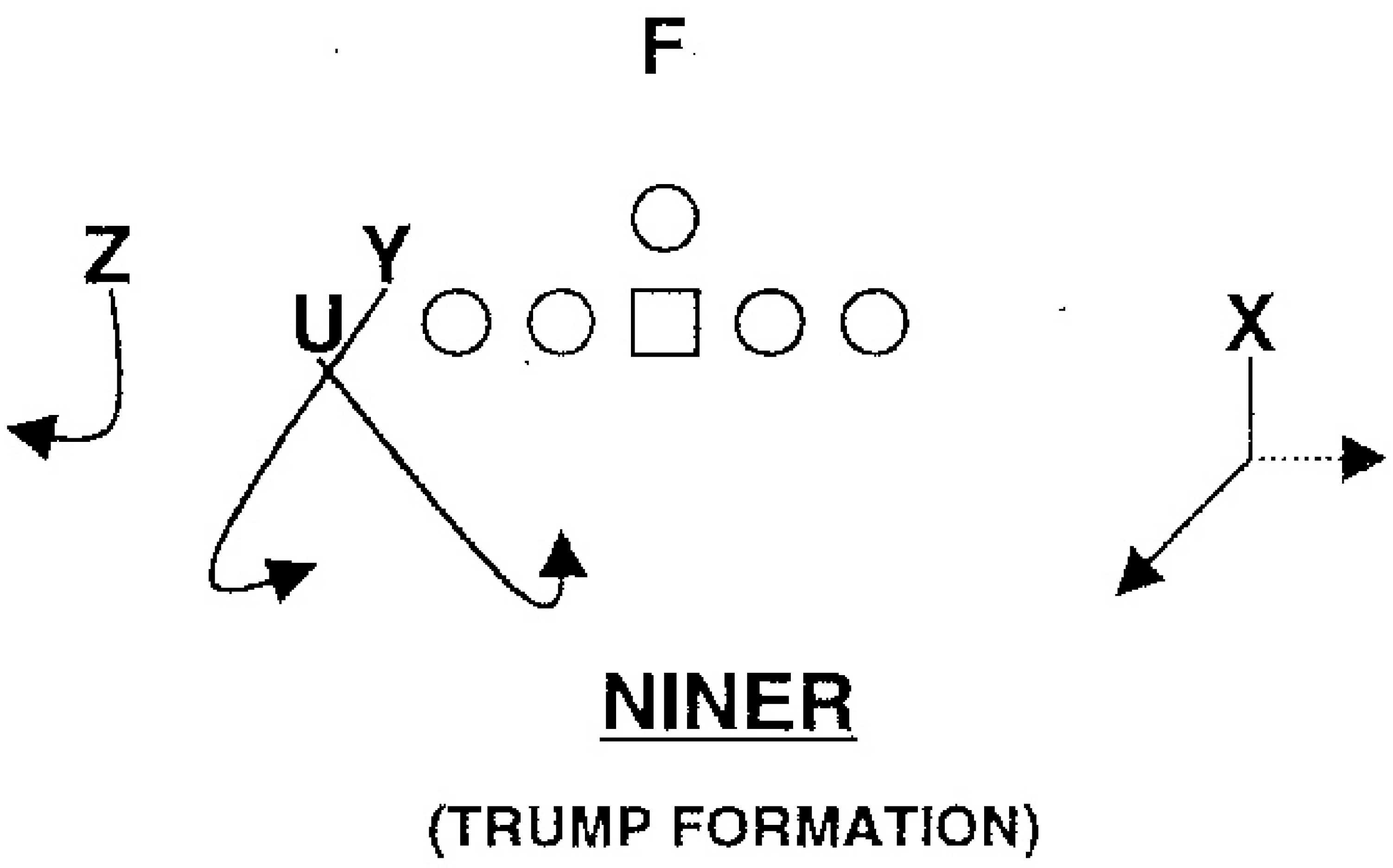

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F
Z Y X

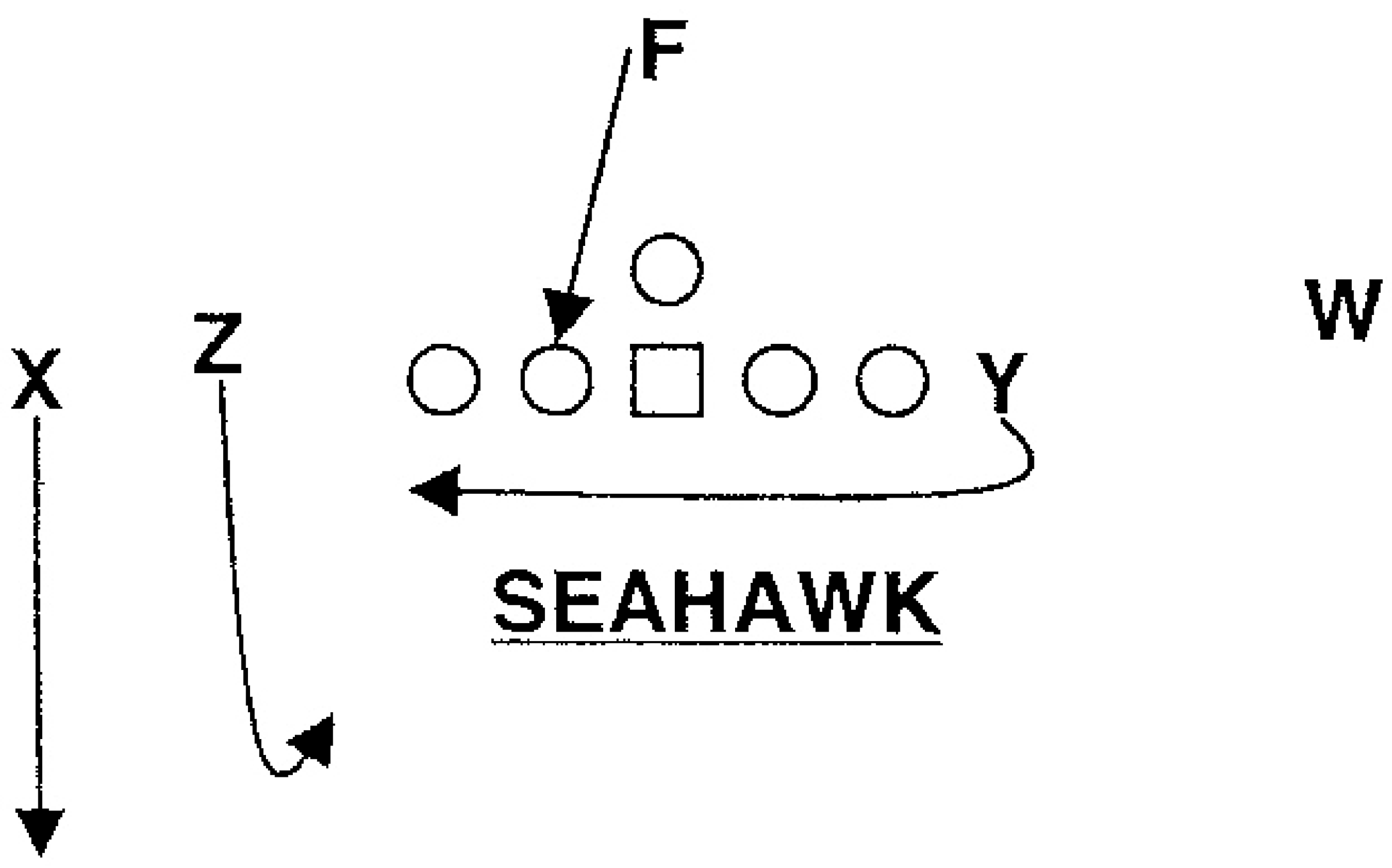
ROUTE NAMES

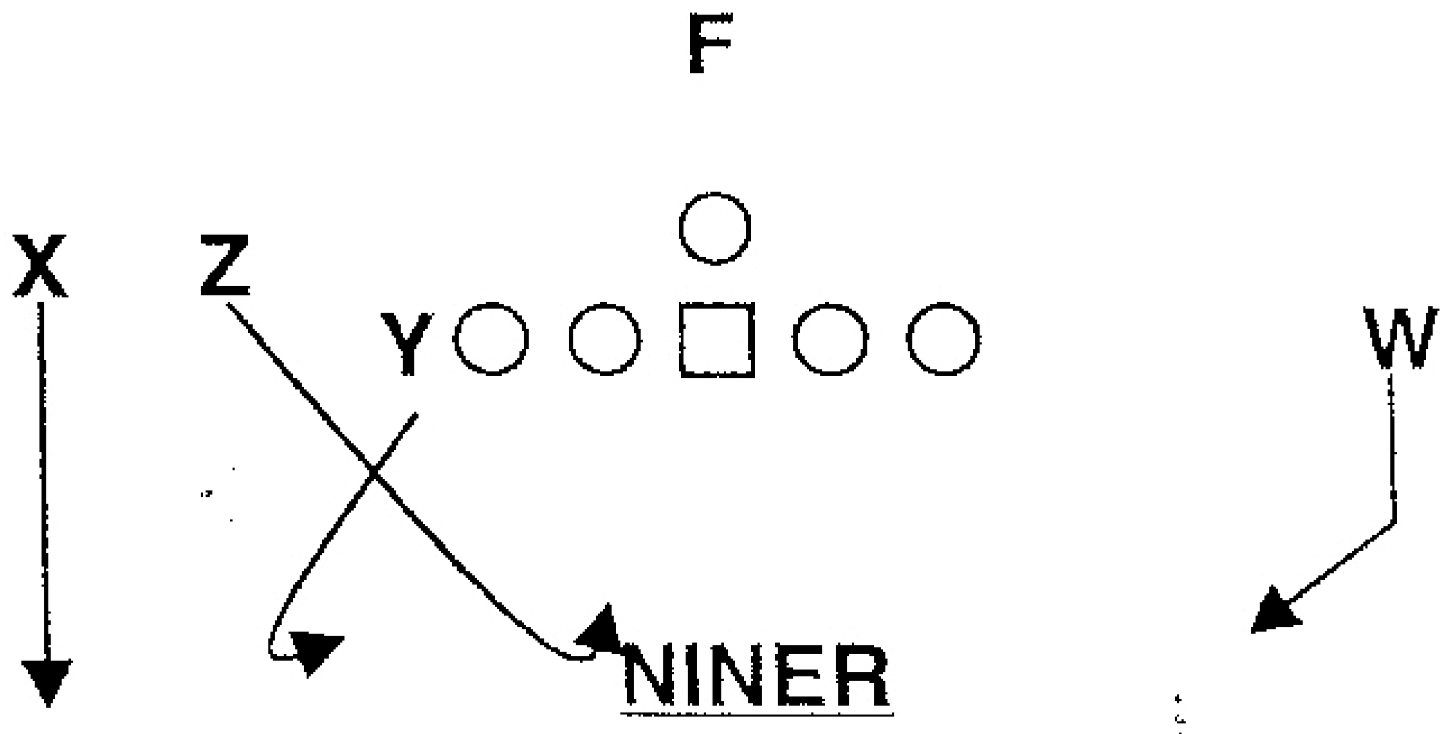

H F
Z
Y
X
BINGO

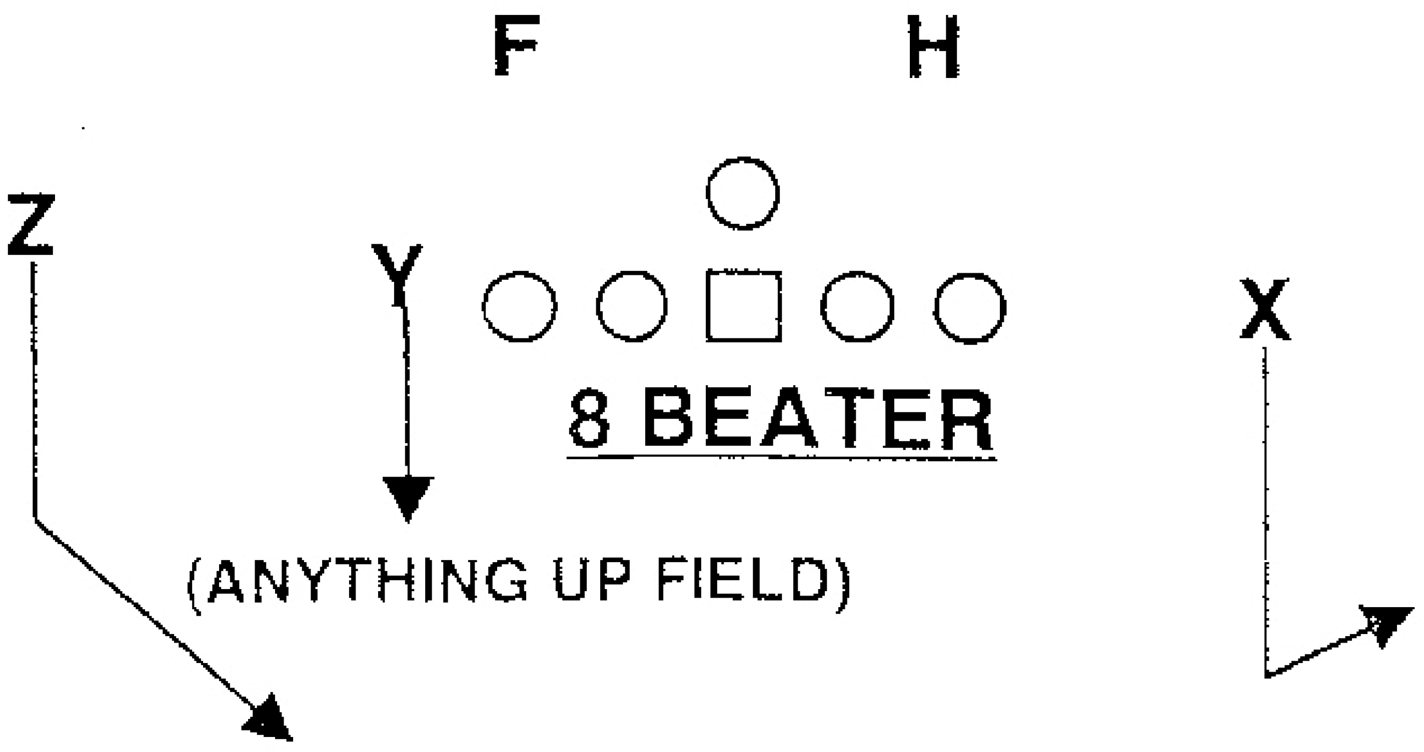

F H
Z
Y
X
STAR

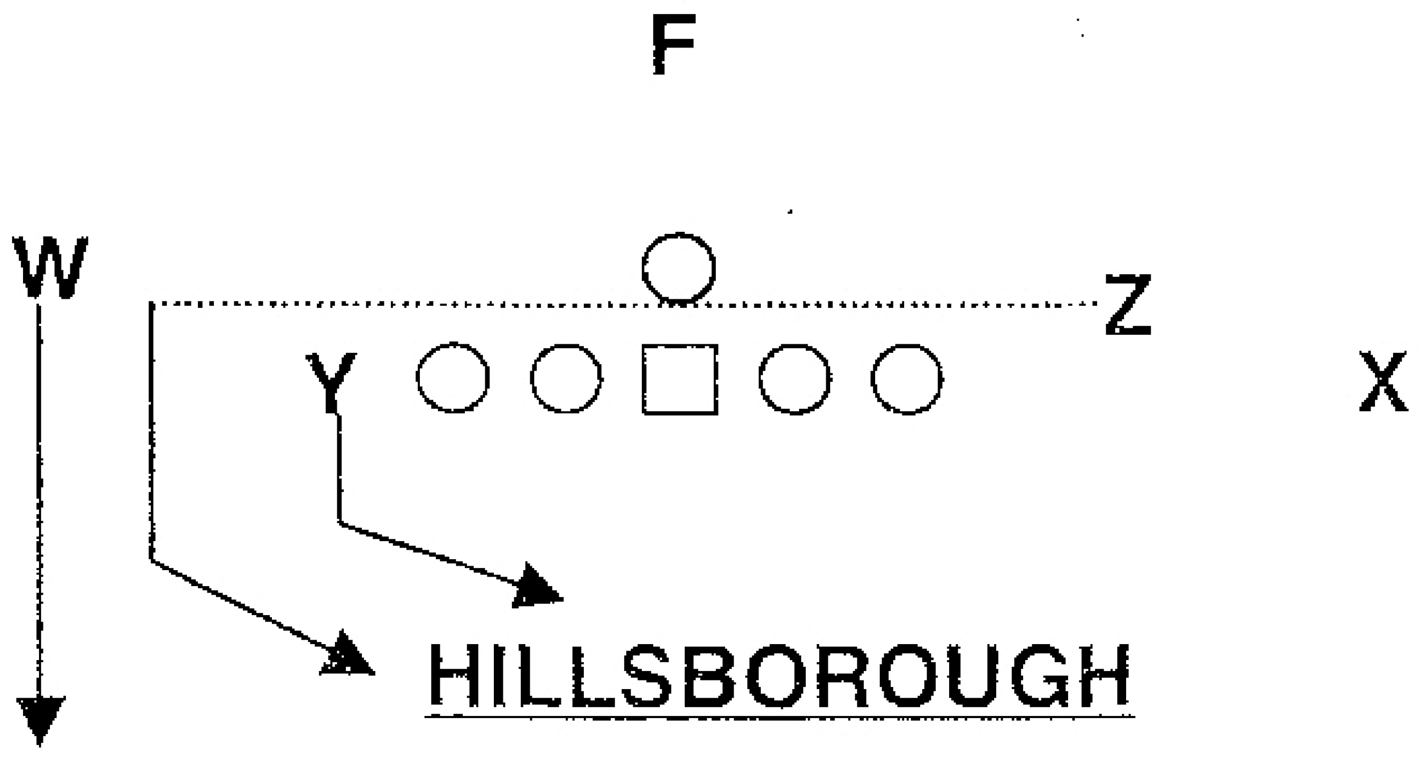

F H
Z
Y
X
CHARGER


F
Z
Y
U
X
NINER
(TRUMP FORMATION)

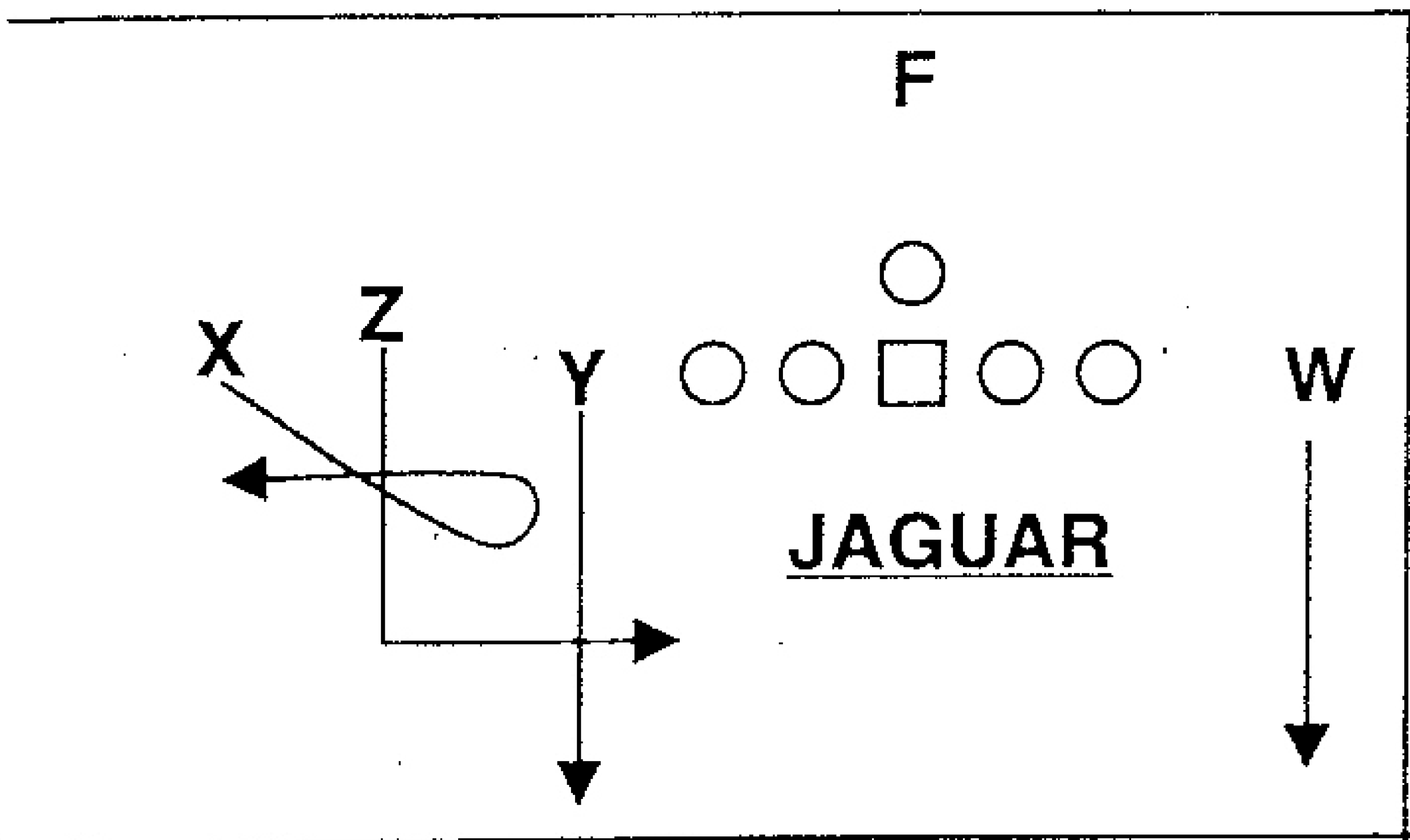

F
W
X
Z
Y
SEAHAWK

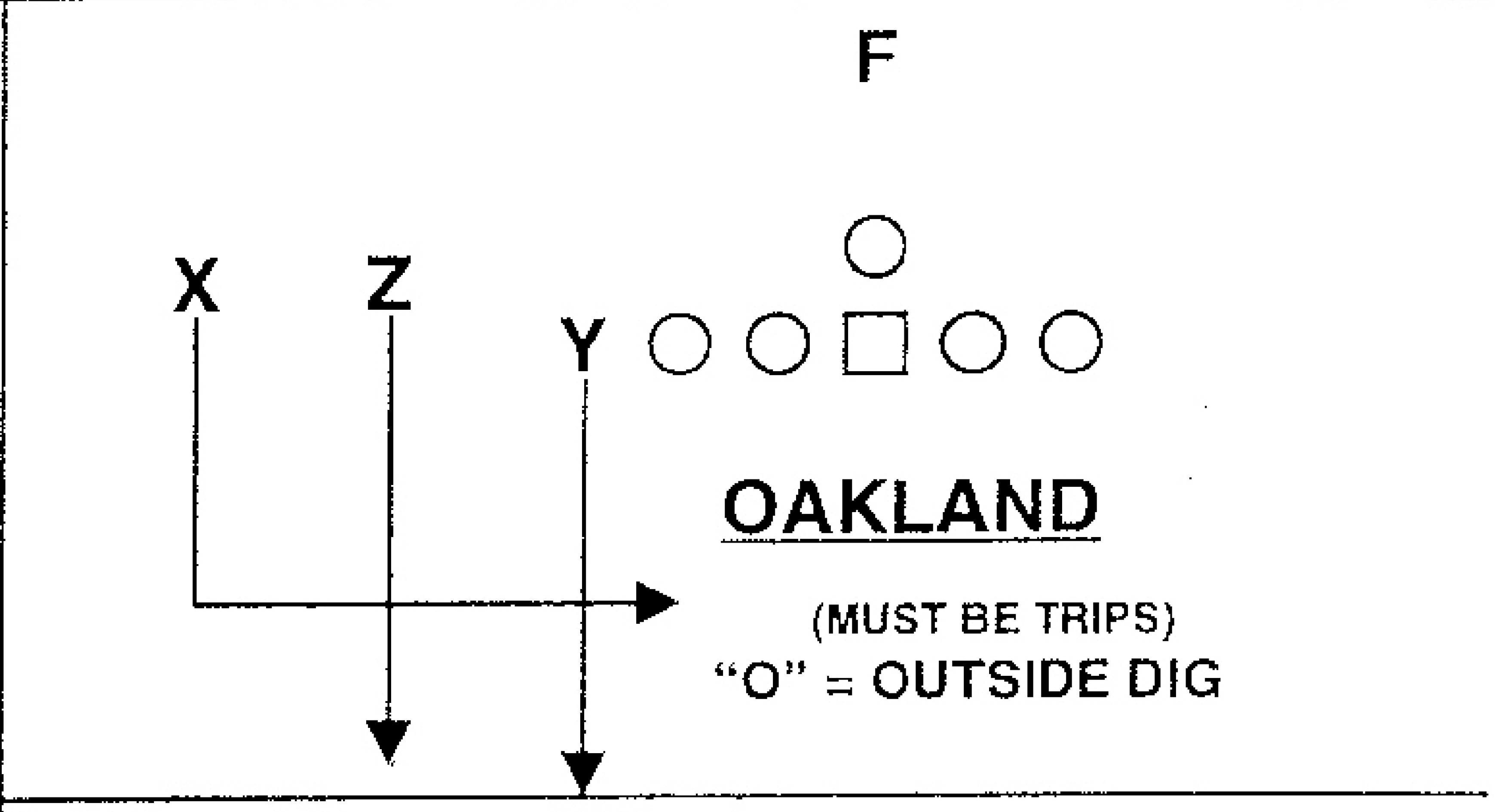

F
X
Z
Y
W
NINER

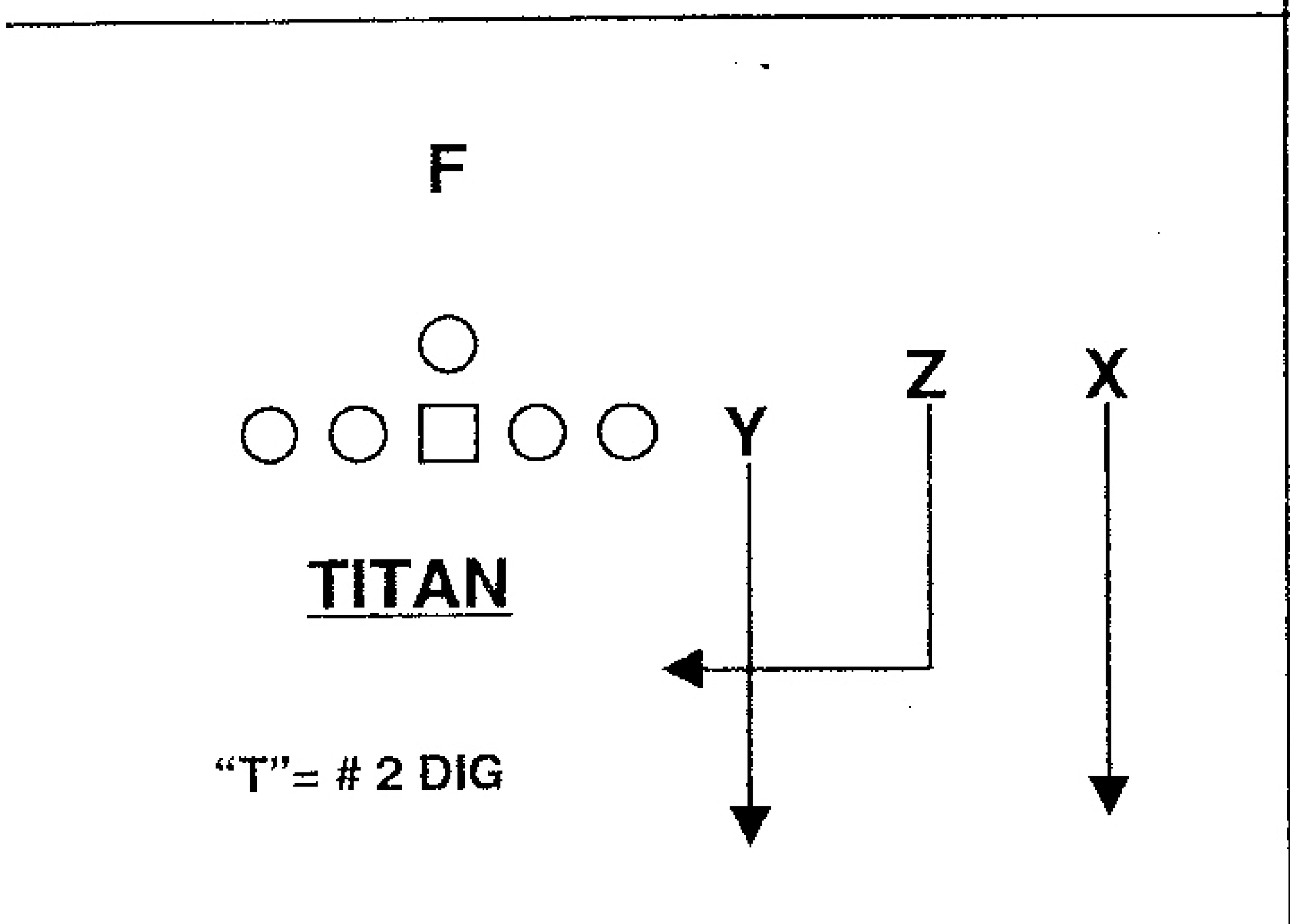

F H
Z
Y
X
8 BEATER
(ANYTHING UP FIELD)

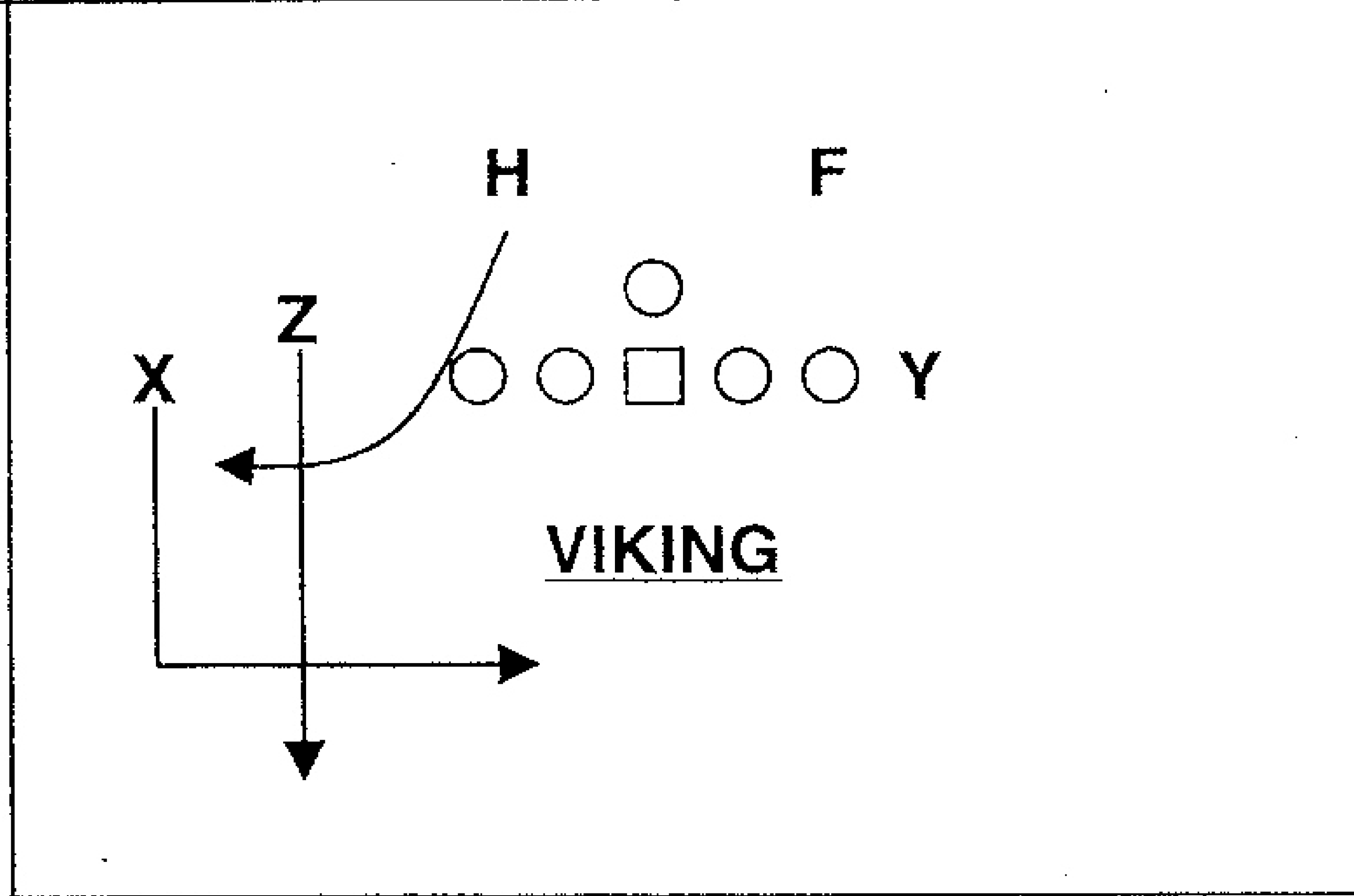

F
W
Z
Y
X
HILLSBOROUGH

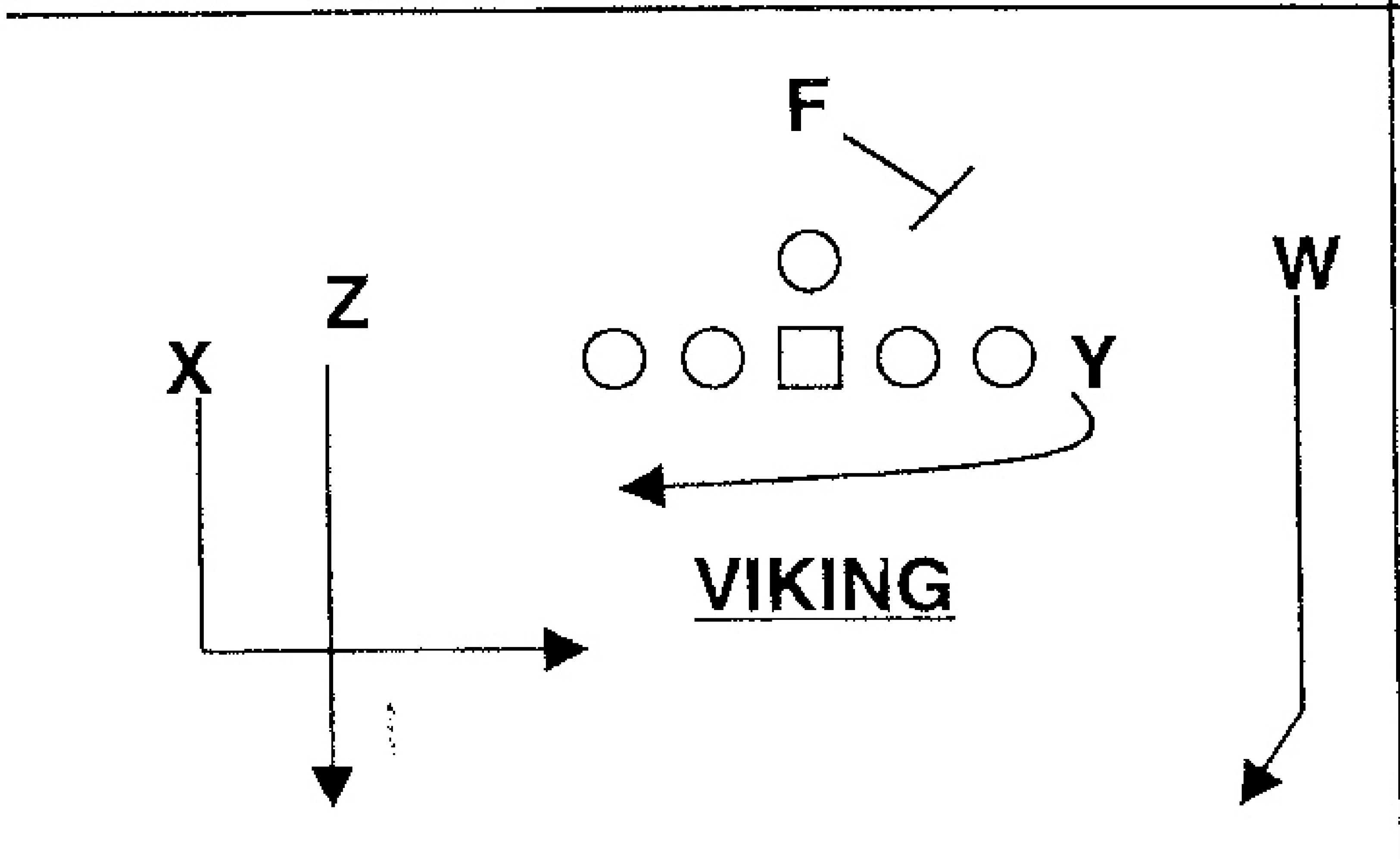
ROUTE NAMES

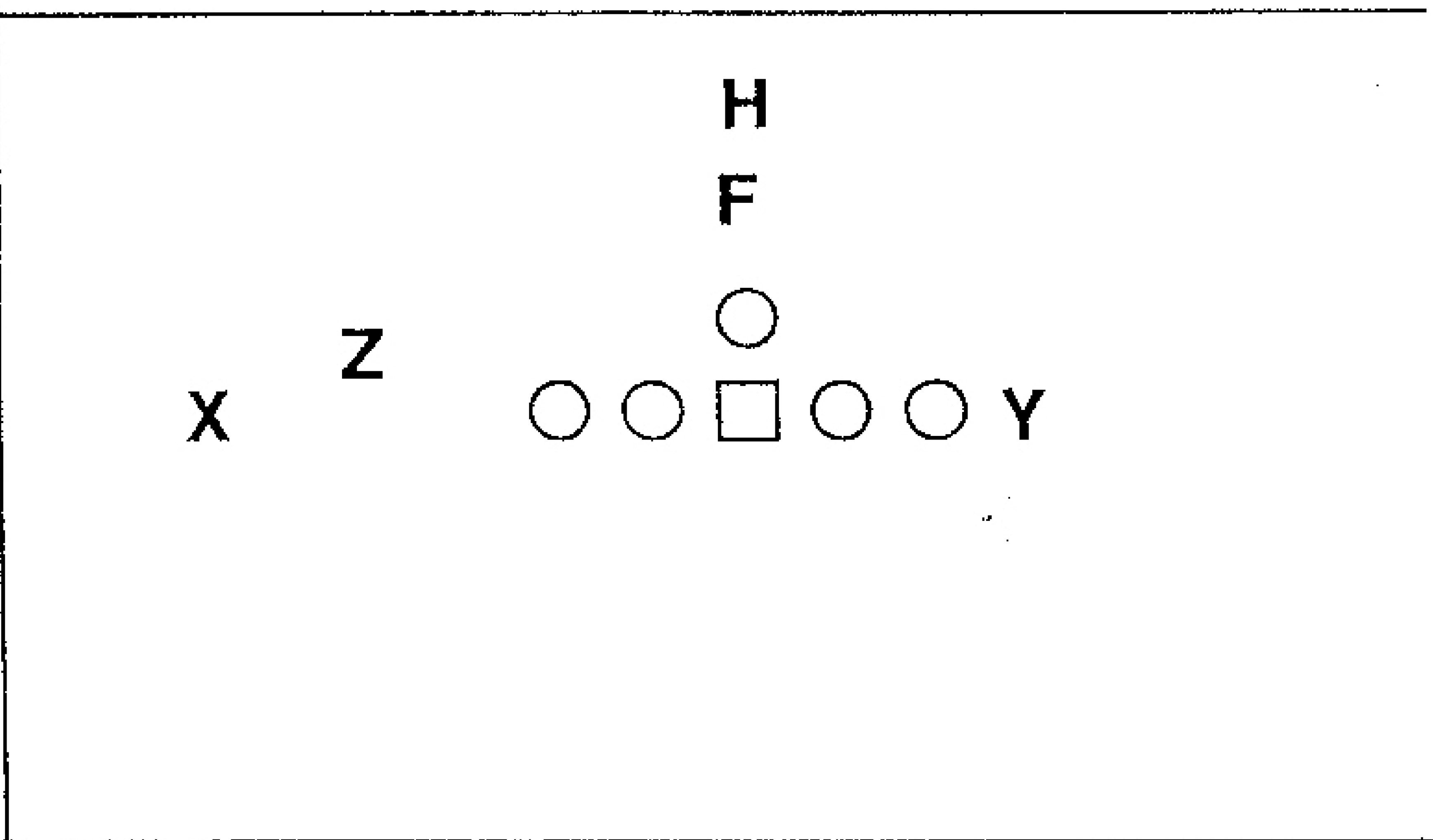

F
X
Z
Y
W
JAGUAR

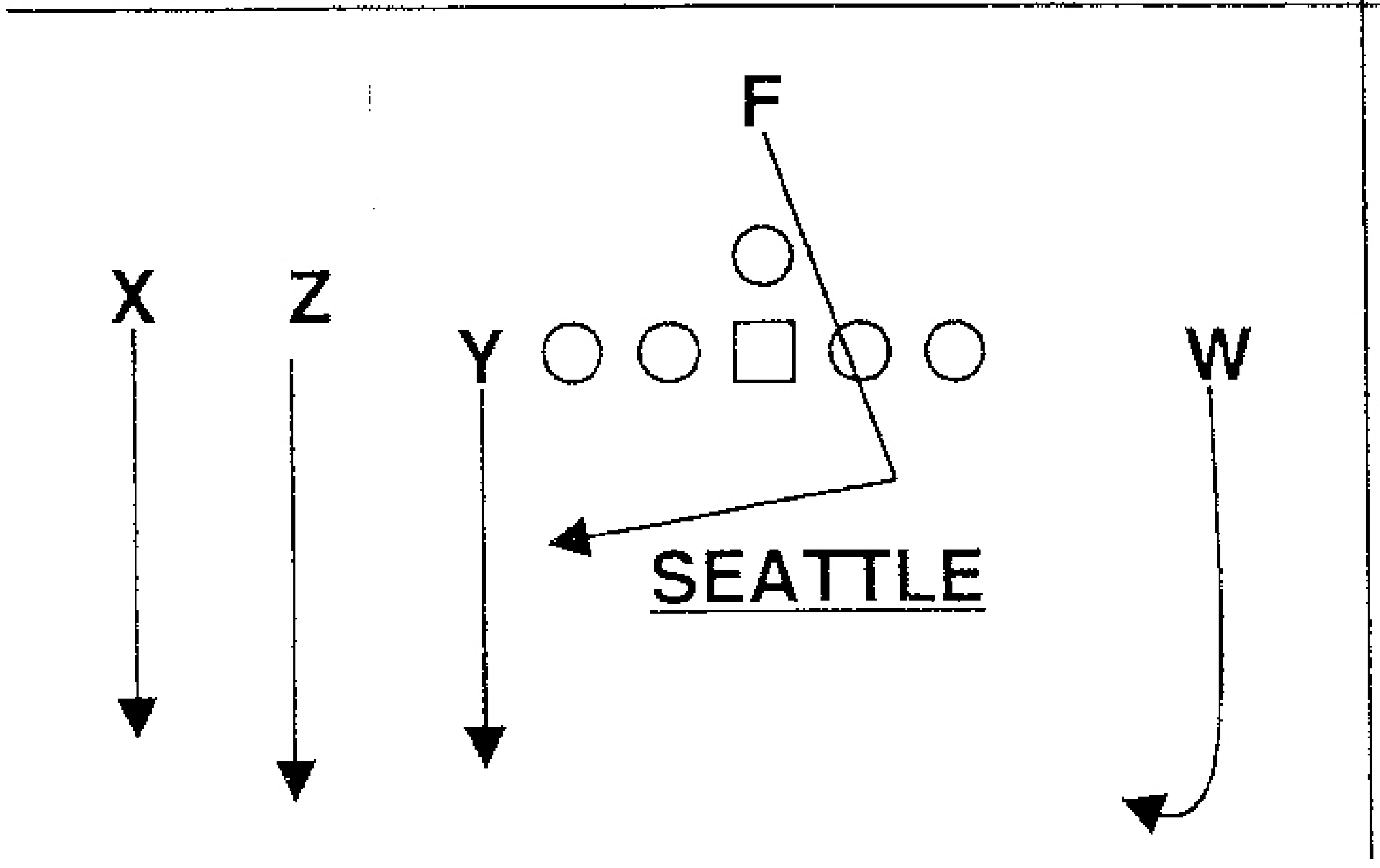

F
X
Z
Y
OAKLAND
(MUST BE TRIPS)
"O" = OUTSIDE DIG

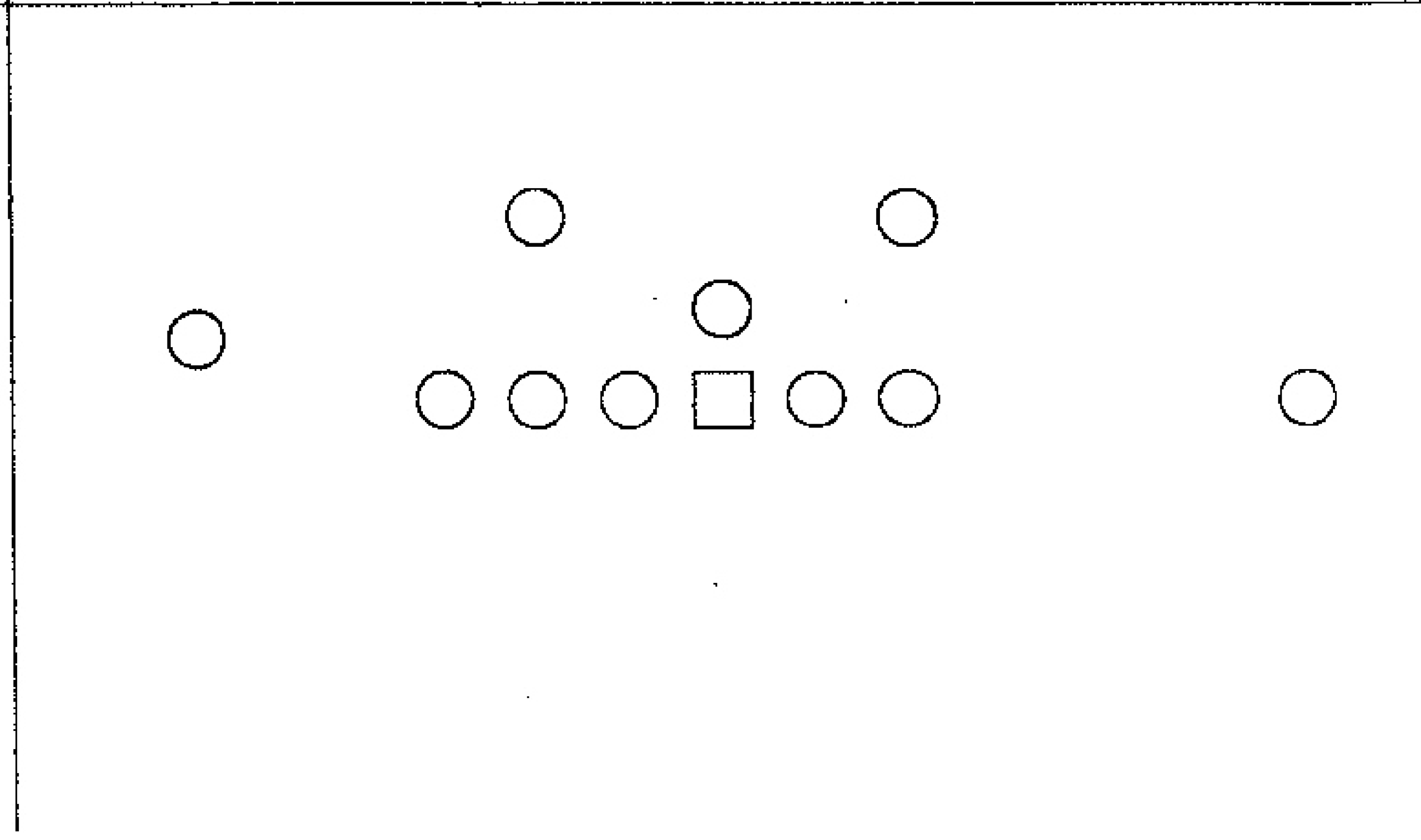

F
Y
Z
X
TITAN
"T"= # 2 DIG


H
F
Z
X
Y
VIKING

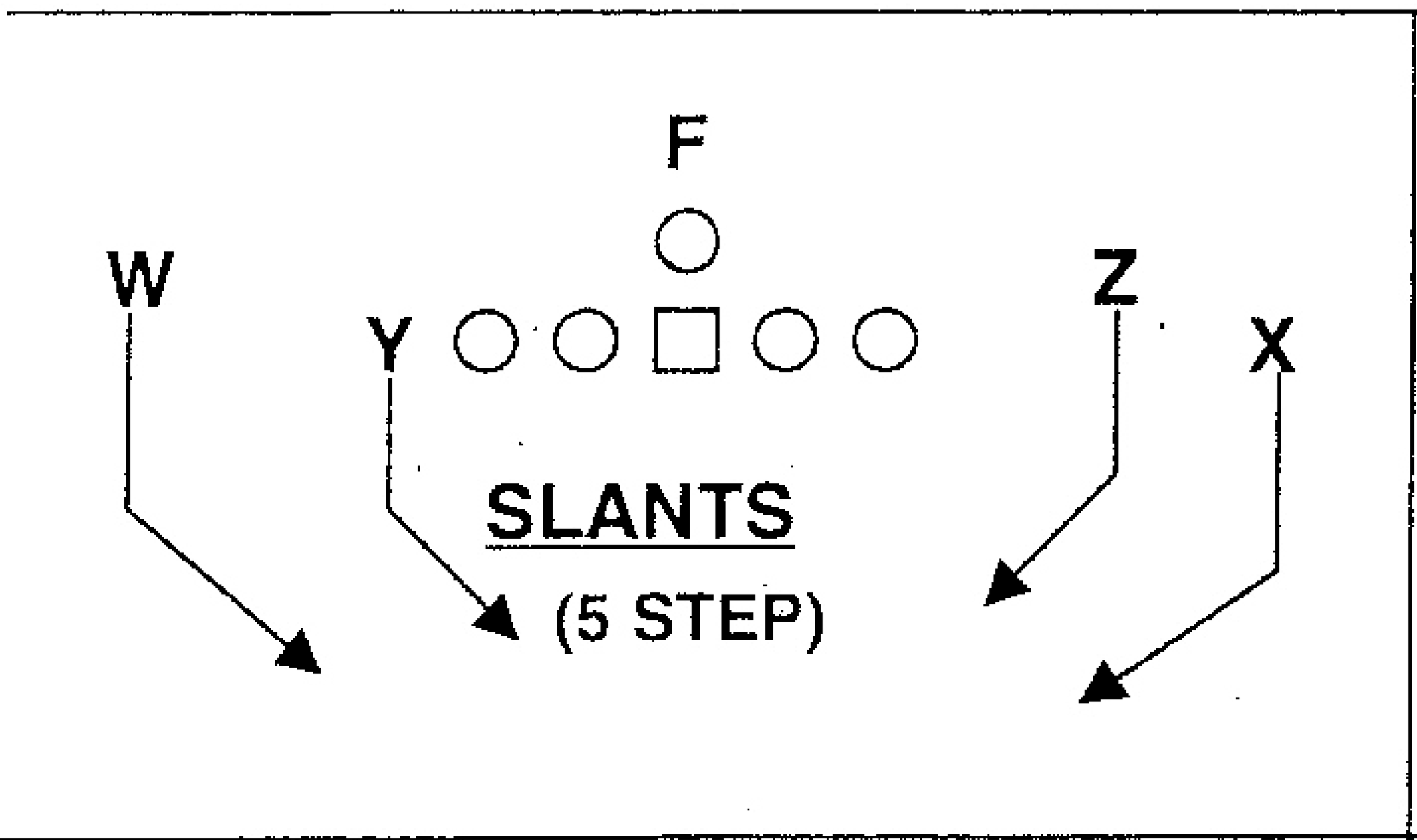

F
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Y
W
VIKING

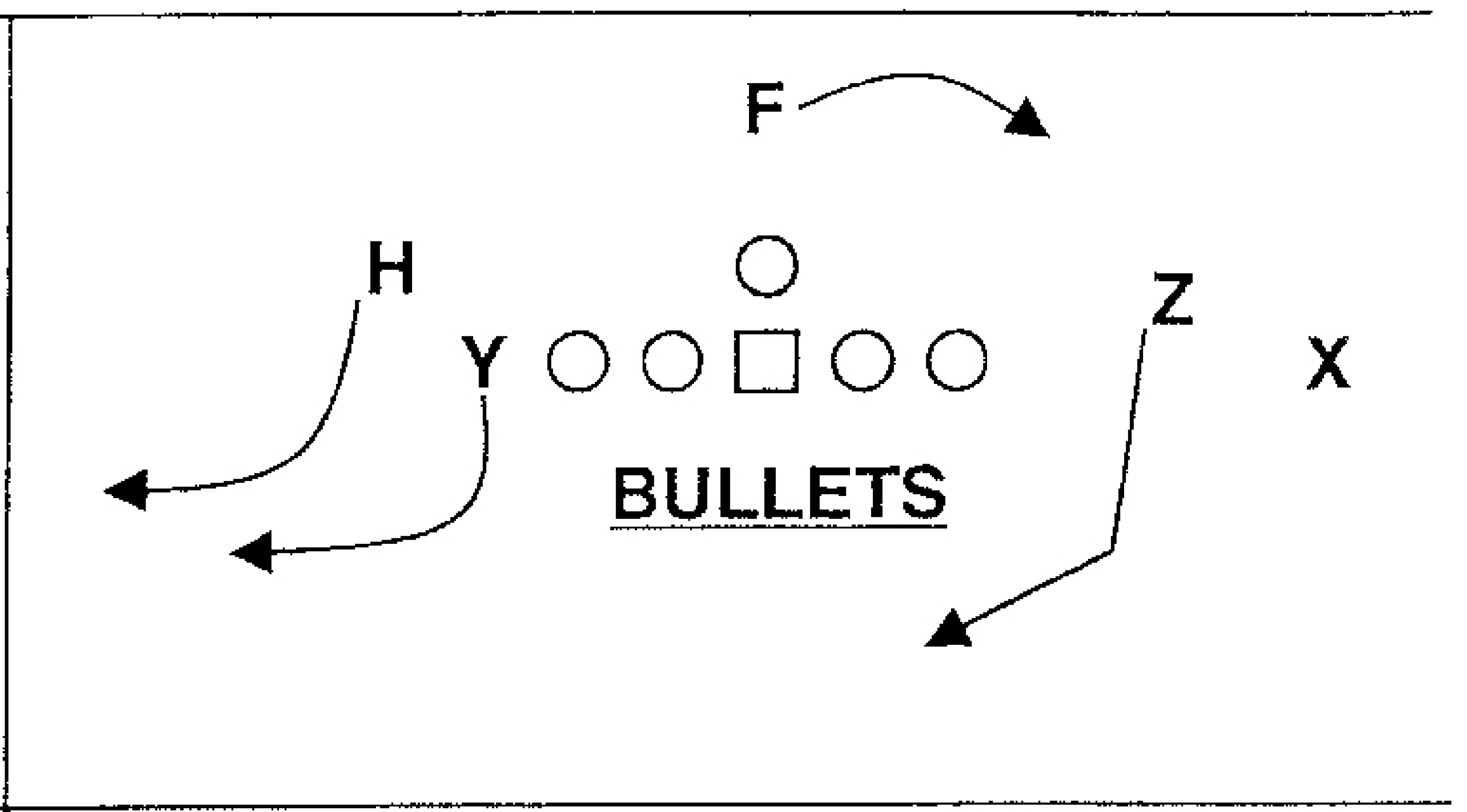

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Y

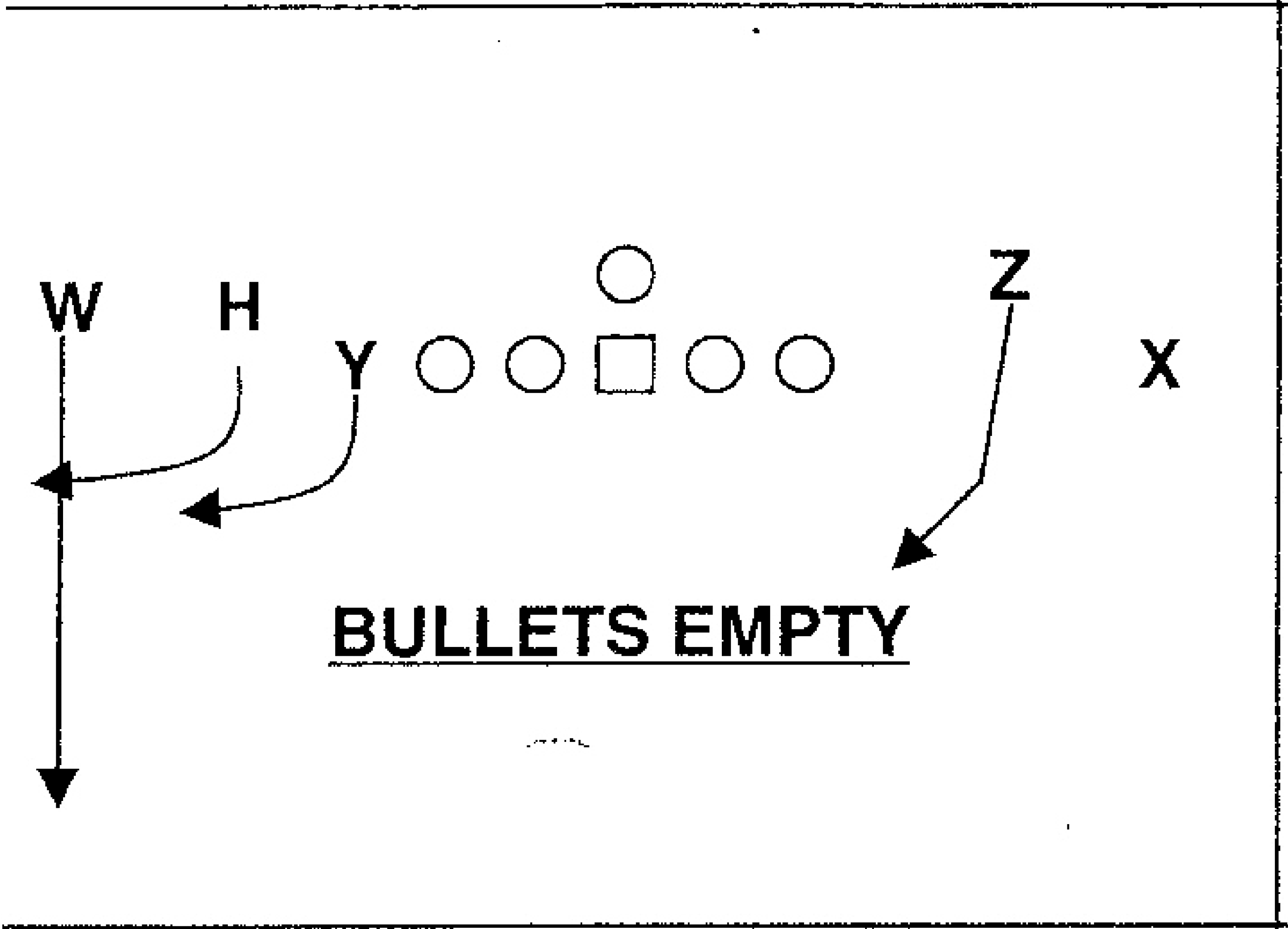

F
X
Z
Y
W
SEATTLE

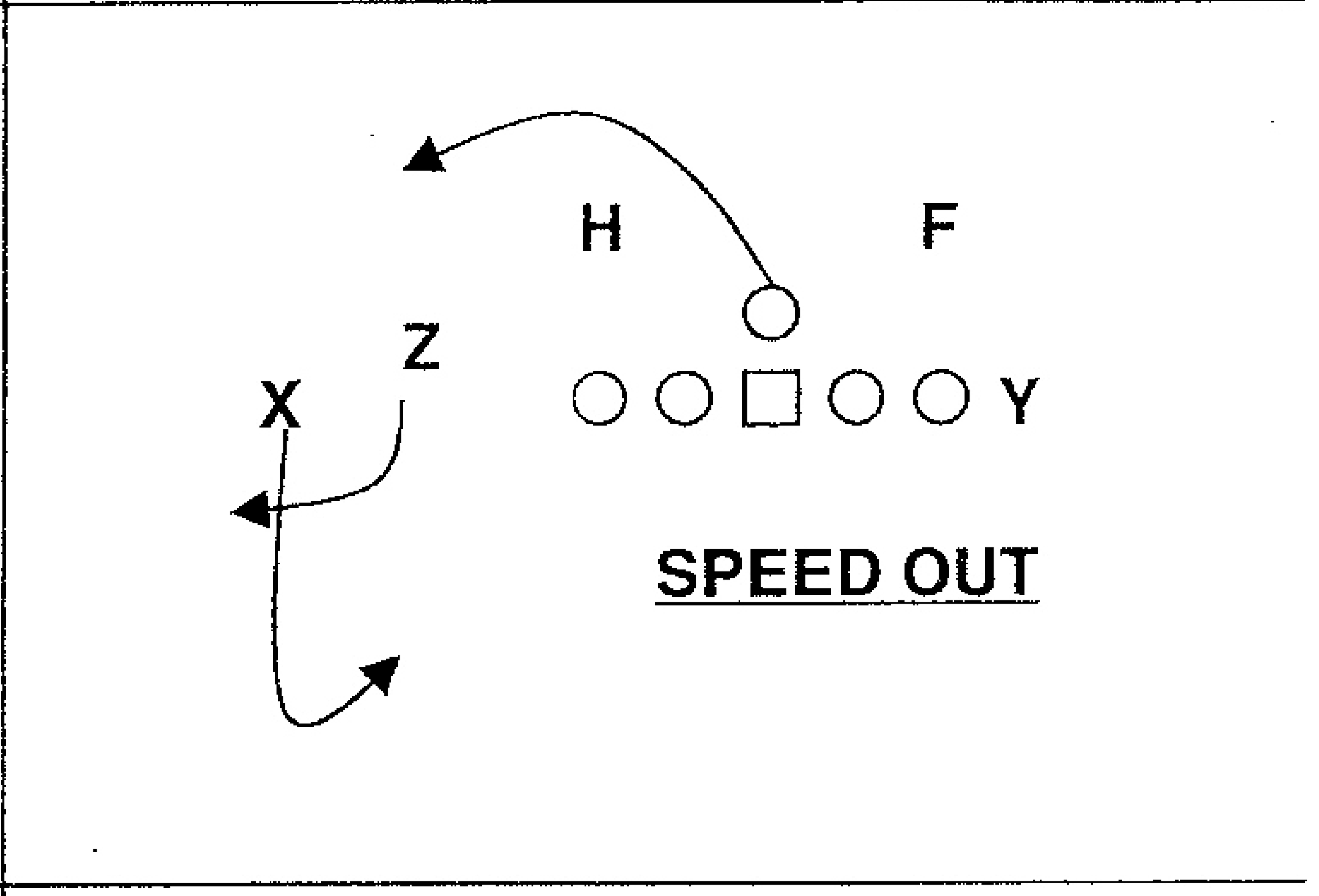


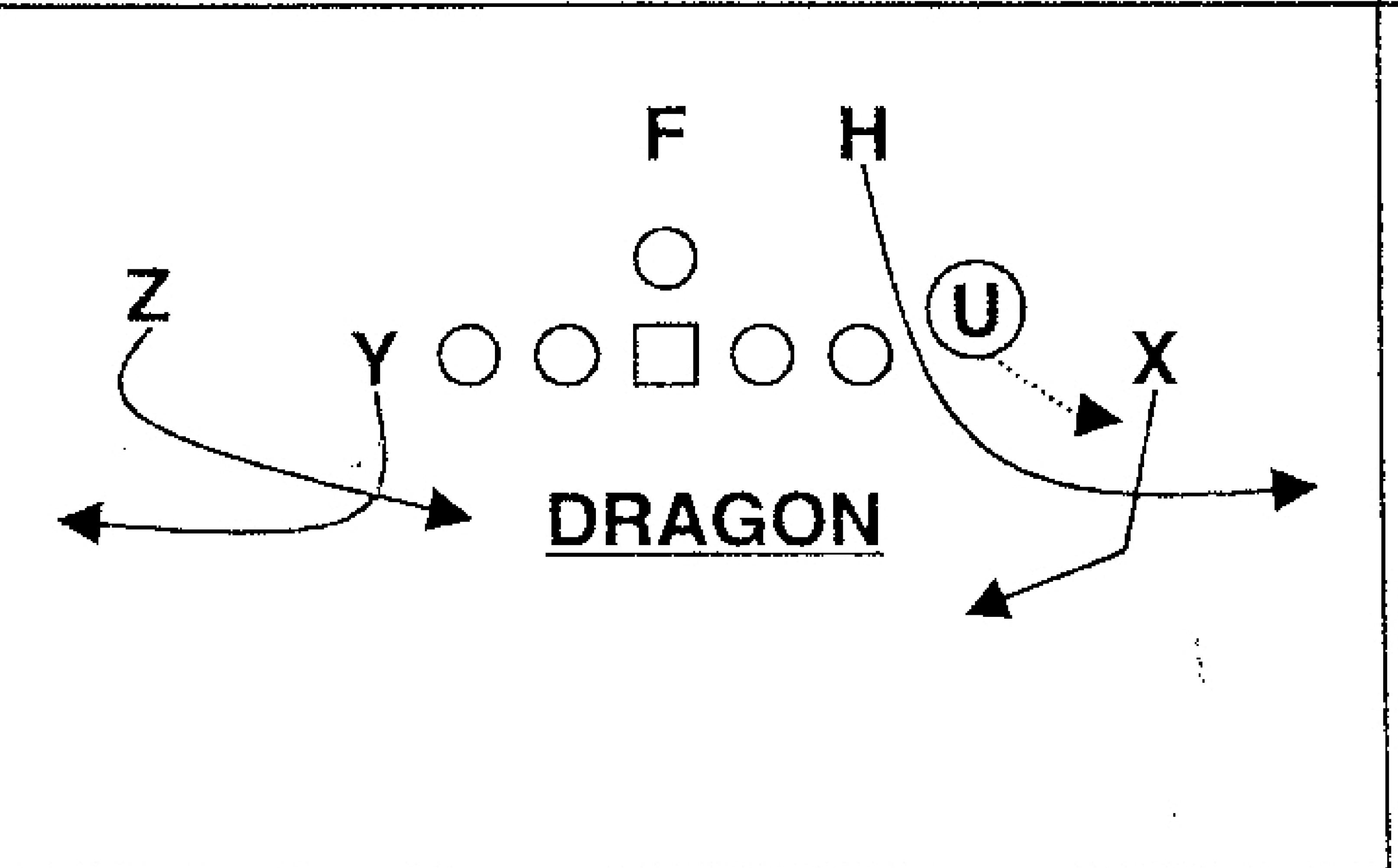
ROUTE NAMES (3 STEP)

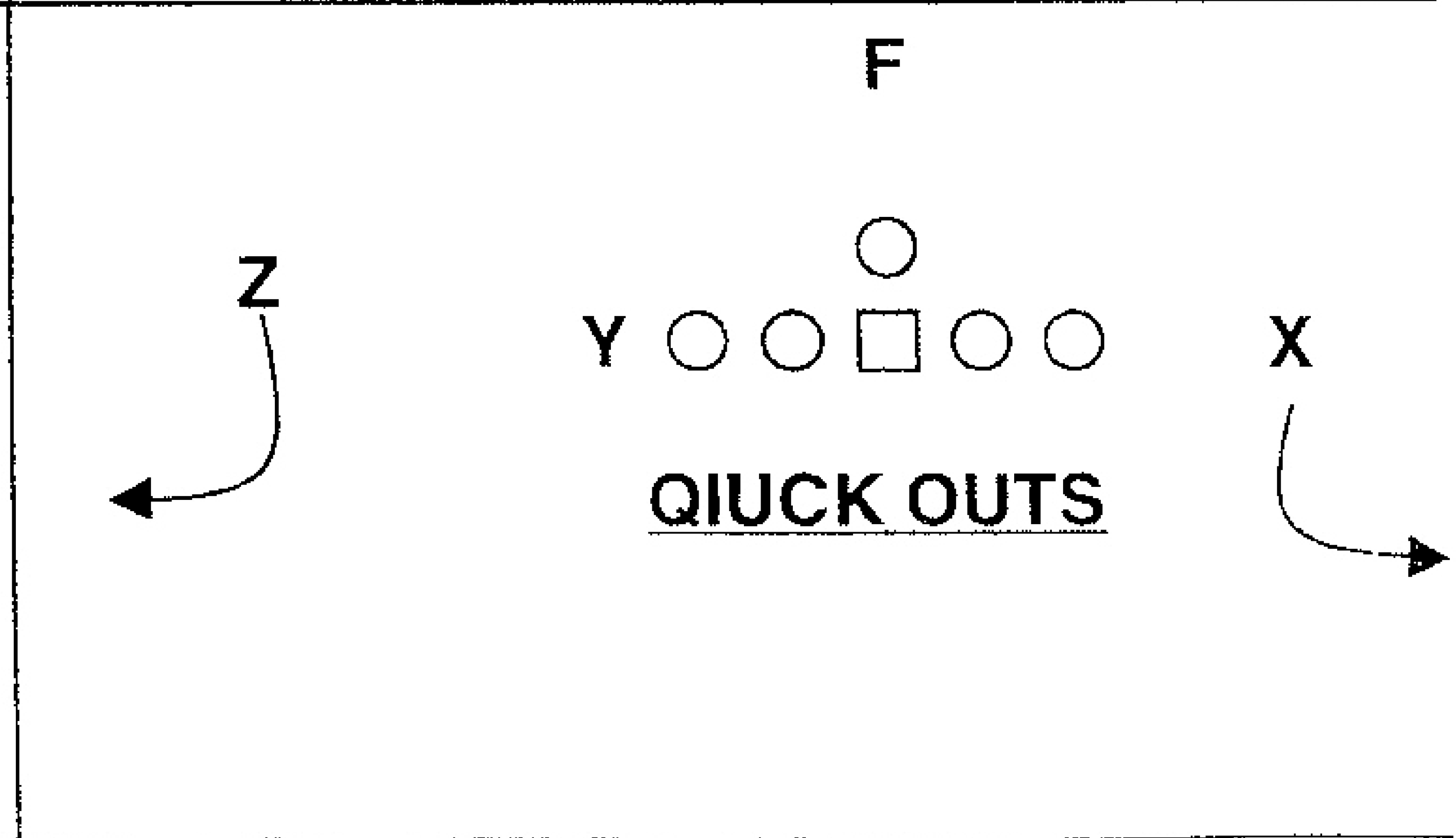


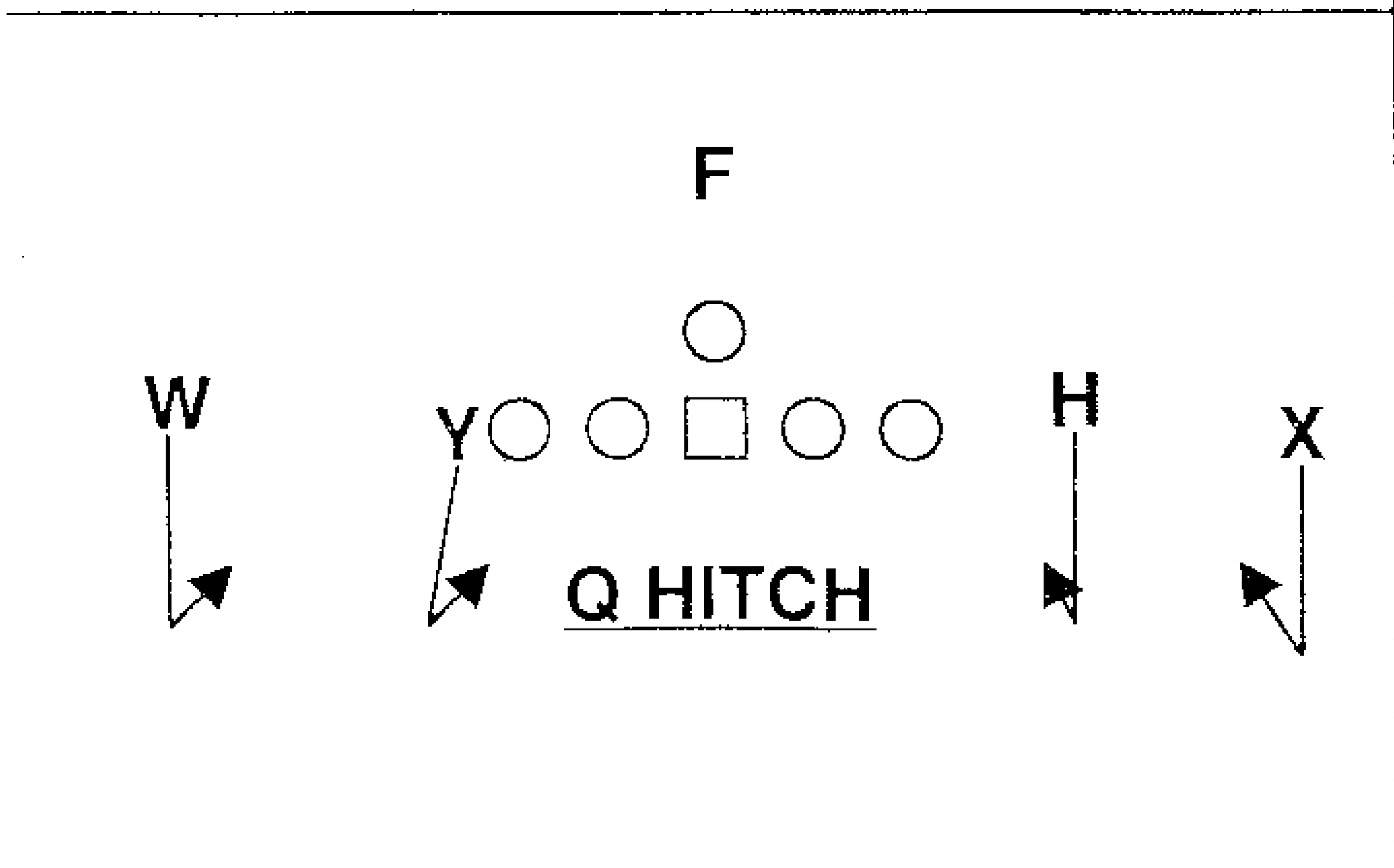












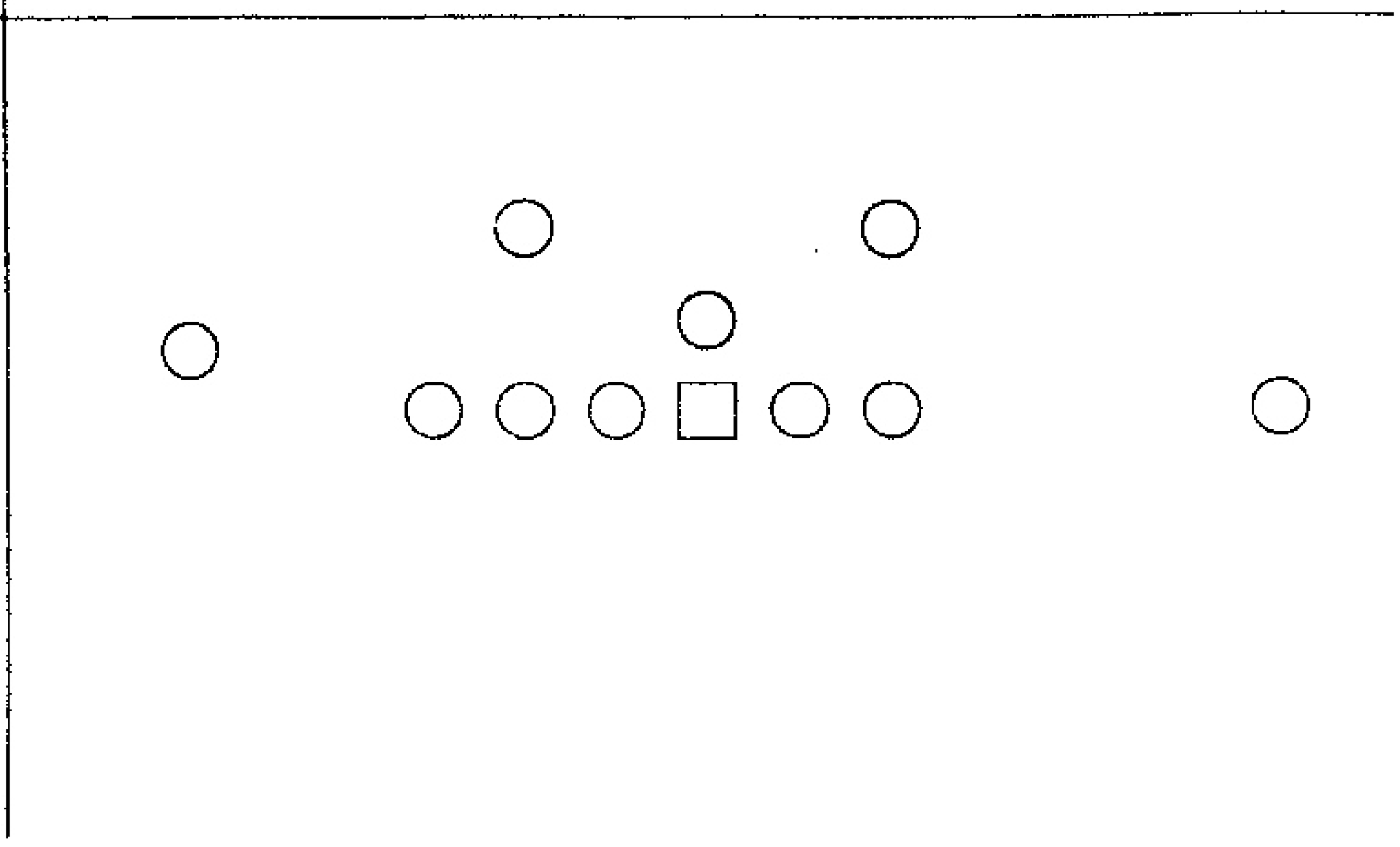
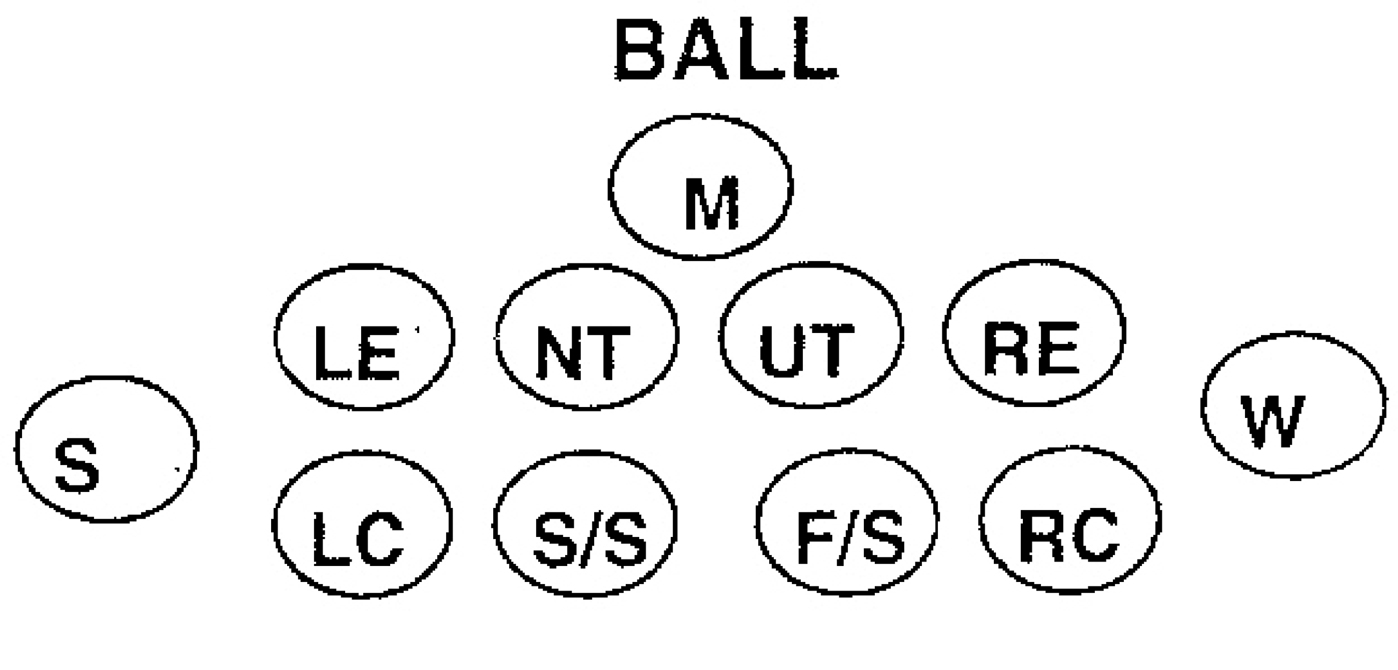


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DEFENSIVE TERMINOLOGY

BASIC HUDDLE PROCEDURE AND RESPONSIBILITIES



FORMATION OF HUDDLE:

Form huddle quickly- do not be the last man in huddle.
Keep a constant huddle- Nose tackle and under tackle form huddle on ball. The shape and hands on knees appearance is the responsibility of each individual.

Strong Safety- step in and give down and distance. Example: "2nd and 8".
Free Safety- alert to offensive personnel in game.

Signal Caller- does the TALKING. All others listen! Look at him. Signal Caller talks straight out. See everyone.

PROCEDURE FOR CALLING THE DEFENSE

Our defensive call will consist of 2 to 4 segments.

1. FRONT
2. LINE TECHNIQUE
3. COVERAGE
4. ADDITIONAL EMPHASIS AND RESPONSIBILITY WITHIN BASIC COVERAGE.

EXAMPLE: OVER 2

1. Over describes the front, alignment, charge and run responsibility.
2. 2 describes the coverage.

BREAKING THE HUDDLE:

1. After completing the defensive call, Signal Caller will say: "**Ready-Break**". Unit will clap hands on "BREAK".

2. After break, align in approximate position for defense called. Be looking at the offense as they break the huddle. If possible, Free Safety will identify what offensive personnel are on the field.

3. Mike: Make "closed" call to identify location of TE only if significant.

DEFENSIVE CALLS RESPONSIBILITY:

One of the linebackers will be designated as our defensive signal caller. The **defensive signal caller's responsibility is:**

- Call of base defense (front line) and pass coverage.

The **Strong Safety's responsibility is:**

- Personnel Alerts

- Support call to closed side.

The **Free Safety's responsibility is:**

- Down and distance - make sure that the total defensive unit is aware of defensive situation.

DEFENSIVE TERMINOLOGY

BACKER	Coordinated end run support where the <u>backer is the primary support man</u>.
BAIL	Defensive back align tight on #1 receiver. Bail out before snap to deep 1/3.
BANJO	Inside/outside coverage on <u>two offensive receivers by two defenders</u>.
BLACK	A coverage adjustment where a safety plays the TE m/m and a LB plugs.
BLITZ	A penetrating type of rush utilizing linebackers and an occasional defensive back to disrupt a run scheme or add pressure to the QB attempting to throw the ball.
BOOMERANG	Change of strength with defender coming in motion as the hook player!
BOOT	QB runs away from flow of backs.
BOX	Wide as the widest on the designated receiver. With ¼ player behind you.
BRACKET	A general term for the inside/outside coverage on one receiver by two pass defenders.
BRONCO	Sink on #2 until threatened by #3. Is 3 deep principal.
BUMP	Defensive back align tight on #1 receiver. Responsibility man to man.
BUZZ	Numbers drop, if #2 displaced re-route before buzz.
CARRY	Term used to tell weakside curl player to carry #2 vertical.
CAT	This is a form of Lurk coverage.
CATHY	Soft Cloud technique reading #2 receiver. No collision with #1.
CHASE	Backside OLB or DE assigned to follow for reverse, boot or cutback on offensive side of ball.
CHECK IT	Call to alert that a change will follow.
CLAMP	Man to man coverage on #1 receiver on all release etc., over routes.
CLEO	Force #1 outside, and play flat area. Alert to force the run.
CLOSE	Slot man split 1-3 yards from tackle in slot formation.

CLOSED SIDE	The side of offensive formation where designated by defense, made by Mike's call.
CLOUD CALL	Coordinated end run support where the corner is the primary support man. His coverage is the flat area. Cloud vs. pass, catch and funnel receiver inside.
COS	Change of strength.
CONTAIN	Upfield rush.
C.P.	Coaching Point.
CRACK	A down block by a flanker or split end on a safety or linebacker.
CUSHION	Distance between receiver and defender.
DASH PASS	Straight drop back with late sprint out weak or strong.
DAVID	Inside position on a receiver. Your outside shoulder inside the inside shoulder of the receiver.
DEEP MIDDLE ZONE	The middle 1/3 of the field from a depth of 15 yards.
DEEP OUTSIDE ZONE	The area covering 1/3 of the field on your side from a depth of 15 yards to the end line.
DOG	A combination of linebacker or DB blitzing with linemen dropping out of coverage.
DOT	Back set behind center.
DROPBACK	QB steps straight back.
EASY BLOCK	Y releasing outside to block support man.
EXOTIC	Any unusual formation.
FLAT ZONE	Area from numbers to sideline.
FLOOD	Both backs going to open side.
FLOW	Both backs going to TE side.
FLY	Motion by back towards TE or closed side.
GAMES	Charge by the defensive lineman to assist our pass rush.
GO	Call that puts all linemen in a pass rush mode.
GREEN	Huddle call to put defensive line in an all-out rush mode.
GUT	Final #3 for defensive end.

HANG	M/M coverage on a back who blocks. Coverage from defensive side of LOS and give possible help on crossing receiver or spy QB. (Not a hug-up).
HAWK	Hawk technique is a Pass Tech where a defender plays man on everything but an out.
HOOK ZONE	The area 10-15 yards deep. 1 yard outside the hash mark.
HUG-UP	Back blocks on man to man go get him.
INDIAN	Call made by Corner to indicate nasty split by #1 receiver.
KEY BLITZ	Pass coverage technique in which the defender rushes and only covers the receiver if he fast releases. If he blocks or goes away, blitz.
KING	Call giving coverage to a rusher (DE or LB) on a back if he releases to your side.
LEE	Call directing a Sky rotation left.
LOCK	Coverage assignment on a man given prior to snap by game plan. (No in and out).
LOS	Line of Scrimmage.
LUCKY	Coverage to the Left.
LURK	A designated safety covering "middle inside" area at 10-15 yards deep.
MAYDAY	Alerts defense to a blitz call, or a zone dog.
MOTION	General term for WR movement.
MOVE	T.E. motions across core and sits down.
NICKEL	4 defensive linemen, 2 linebackers and 5 defensive backs.
OMAHA	Taking defensive call off.
OPEN SIDE	The side of offensive formation opposite the closed side.
PEEL	Motion by back away from TE.
POA	Point of Attack.
PLUG	LB zoning the short middle area.
PRESS	Defensive back aligns tight on the #1 receiver. Responsibility play flat area.
PRIMARY FORCE MAN	The player responsible for containing the end run.

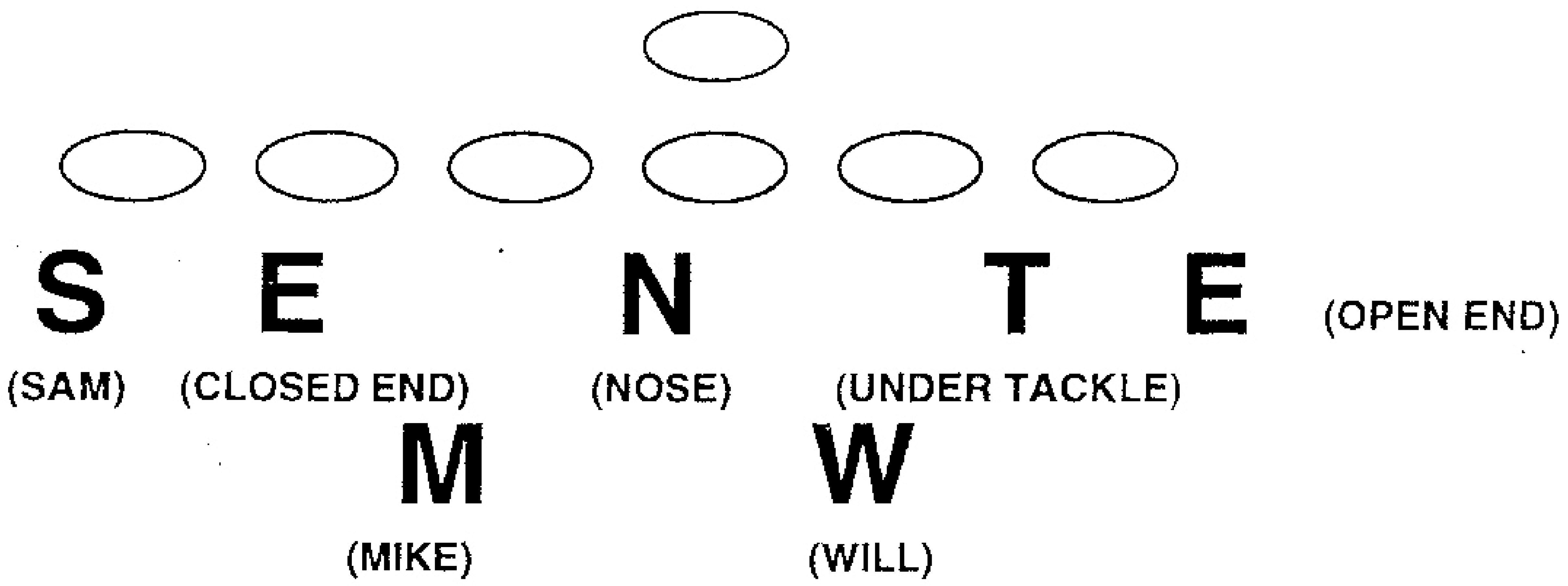
PURSUIT	Defensive player chasing the ball.
QUICK SCREEN	Quick pass behind LOS to a RB or WR (1 count).
RAMBO	Call alerting the entire defense to probable run.
RED AREA	Field position from our 12 yard line to our goalline.
REGGIE	Two defenders reading a RB. One defender will pick up the back m/m: the other defender will plug.
REPLACE FORCE	A defensive back alignment vs. a #1 tight.
REROUTE	Disrupt receiver before dropping to zone.
RESET	Mike call that is resetting the defense.
RINGO	Coverage to the Right.
ROB	Call directing a Sky rotation to the Right.
RUN PASS	Passes thrown by a running back off run action.
RUSH LANES	Two contain lanes (outside). Two pressure lanes (inside).
SCREEN Read Screen Middle Screen Quick Screen Steeler Screen	Delayed type pass thrown behind the LOS to any receivers with part of the linemen forming a blocking pattern around the receiver prior to his catching the ball.
SKY FORCE	Coordinated end run support where the "inside' defensive back is the primary support man.
SLOT AREA	Hash area to numbers 12-15 yards deep.
SLOW BLOCK	Block by "Y". Tight X – Double – Checking the blitz of linebacker before releasing on pass route.
SMASH ROUTE	Delayed, underneath crossing route by an outside receiver. Zone defenders will match up on routes.
SPECIAL	M/M coverage adjustment vs. 1 back sets.
SPILL	Forcing the football from its intended direction to the outside.
SPLIT FLOW	One back moving strong while the other goes weak.
SPRINT OUT	QB opening without play fake and pulling up or threatening corner.
SQUIRM	Safeties "slide" with C.O.S.
SQUAT ALIGNMENT	An alignment position 4 yards from receiver, nose to outside shoulder. Used to disguise zone coverages.
STING	Two defensive backs blitzing.
STRETCH	Alert to four seam routes.

STRONG ROLL	Rotation to 2 receiver side.
STUNTS	Charge by defensive linemen and LB's to change their alignment or assist our defense against the running game.
SWAP	Means backs crossing.
SWITCH	Linebackers and defensive back switching assignments.
TAN	Alignment by linebacker or defensive back head up on tackle.
TITE	Head up on T.E. with D-Gap responsibility.
TOLEDO	Checking from 2 man to Green 2.
TRADE	Two defensive backs changing assignments on blitz or zone dogs.
TUCSON	Playing over cover 2.
TRUMP	2 TE's in the core #2 aligned off the ball. #1 on the line.
WEAK ROLL	Rotation to open side.
WHITE	Motion check in Wanda.
WING	A #1 and #2 aligned next to each other in the core. #2 must be on LOS.
YUKON	Is a T.E. that is now designated as a back going in motion, not changing strengths.
ZEBRA	Outside position on a receiver. Your inside shoulder outside the outside shoulder of the receiver.
ZERO	Huddle or audible call to indicate no safety help in the hole.
ZIPPER	We are playing cover 4.

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DEFENSIVE FRONTS AND STUNTS

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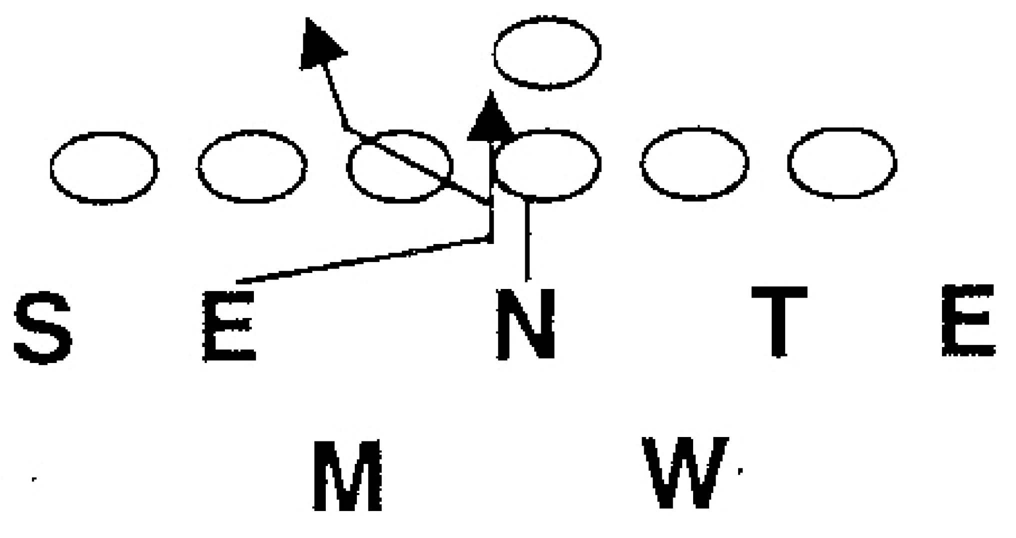
UNDER DEFENSE



POSITION	ALIGN. TECH.	KEY	RUN RESPONSIBILITY	PASS RUSH LANE	COACHING POINTS
CLOSED END	5 TECH	TACKLE	PLAY TO- C GAP PLAY AWAY- C GAP SQUEEZE B GAP	C GAP LEFT OUTSIDE	CHASE ON PLAY AWAY
OPEN END	LOOSE 5 TECH	TACKLE	PLAY TO- C GAP PLAY AWAY- CHASE	C GAP RIGHT OUTSIDE	SPILL ALL PLAYS TO YOU EXCEPT TURN OUT. MAN IN C GAP ALIGN IN 7.
NOSE TACKLE	1 TECH	CENTER	PLAY TO- CLOSED A GAP. PLAY AWAY- CLOSED A GAP	CLOSED A GAP	
UNDER TACKLE	3 TECH	GUARD	PLAY TO- B GAP PLAY AWAY- B GAP SQUEEZE A GAP	TWO WAY GO	ALERT DOUBLE TEAM
SAM	BACKER	TE	PLAY TO- D GAP PLAY AWAY- D GAP CUTBACKS.		FOLD LATE
WILL	BASE	BACKS	DEPENDS ON COVERAGE		
MIKE	BASE	BACKS	DEPENDS ON COVERAGE		

UNDER RUN STUNTS

STICK

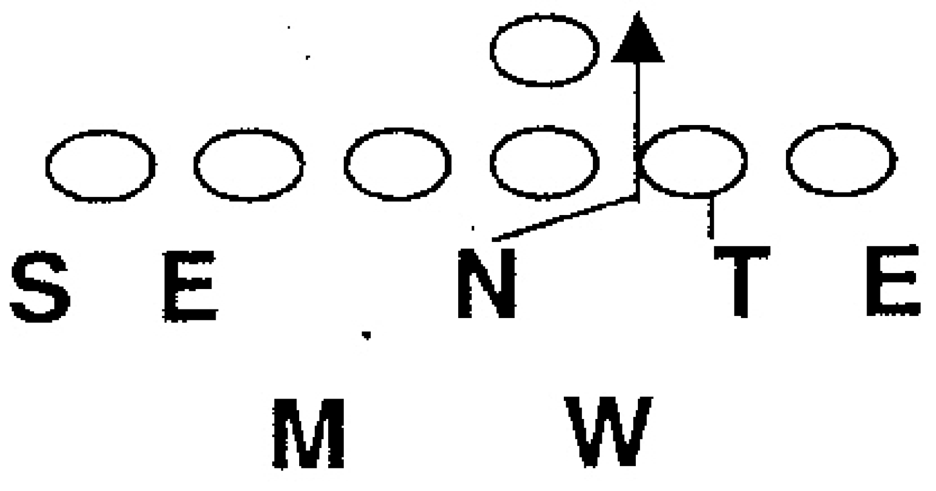


CLOSED END TAKE A GAP POINT OF AIM A GAP. C.P. FEEL THE TACKLE AND READ THE GUARD. YOU CAN NOT BE CUT OFF BY THE TACKLE.

NOSE PLAY NORMAL TECHNIQUE. COME AROUND TO CONTAIN ON PASS.

MIKE FLOW TO- SCRAPE C GAP TO BALL.

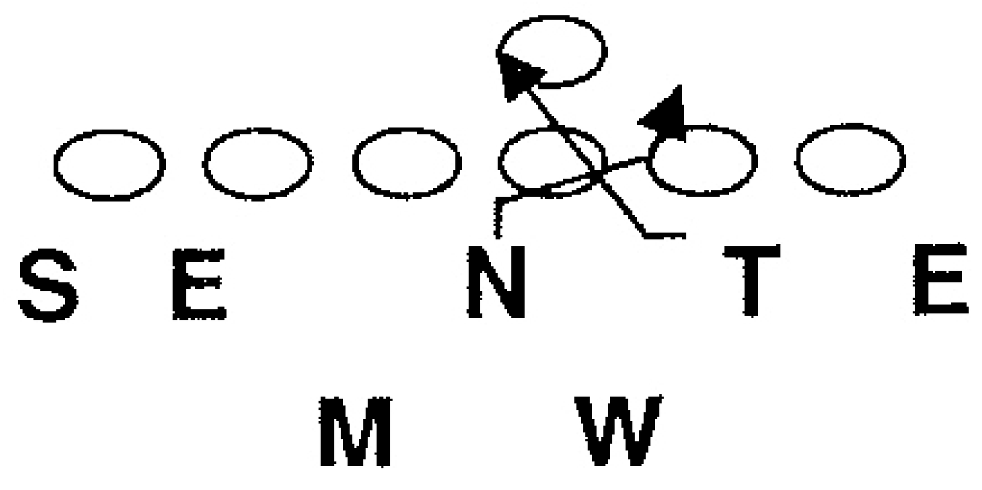
GAP



NOSE RIP ACROSS CENTER TO THE UNDER TACKLE A GAP.

MIKE C.P. EXPECT A QUICK SCOOP BLOCK FROM CENTER WITH STRONG SIDE RUN.

SPIKE

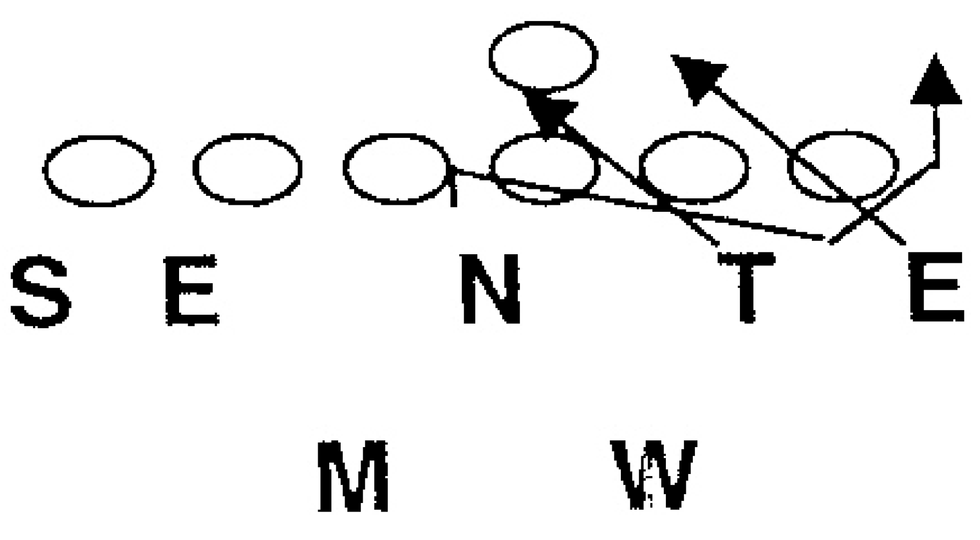


UNDER TACKLE USE SLANT TECHNIQUE ATTACKING THE A GAP C.P. FEEL THE GUARD AND READ THE CENTER. FIGHT TO KEEP FROM BEING CUT OFF BY THE GUARD.

NOSE PLAY NORMAL TECHNIQUE-IF HIGH HAT. COME AROUND UNDER TACKLE.

WILL FLOW WEAK- FILL THE B GAP.

PIRATE



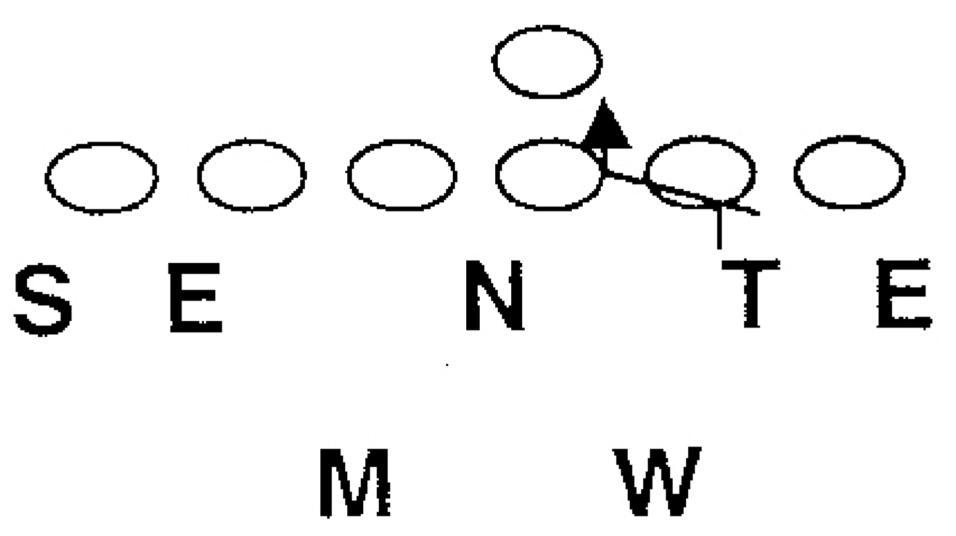
OPEN END USE SLANT TECHNIQUE INTO THE B GAP-R.E. 1 STEP AND COME UNDER.

UNDER TACKLE USE SPIKE TECHNIQUE INTO THE A GAP.

NOSE PLAY NORMAL TECHNIQUE, IF HIGH HAT COME AROUND TACKLE & END, CONTAIN.

WILL SCRAPE TO C GAP.

TAG

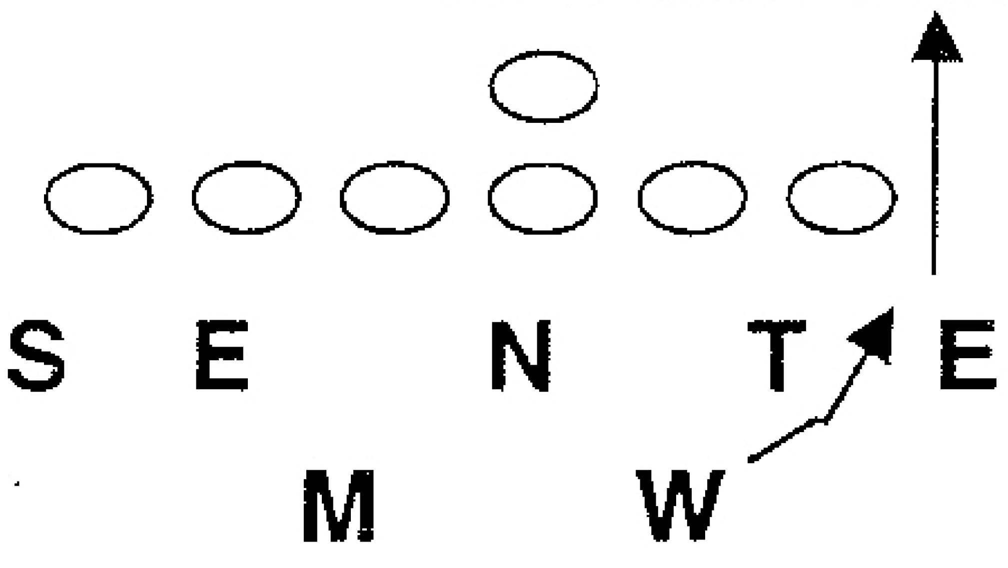


UNDER TACKLE FROM NORMAL ALIGNMENT FRONT UP THE GUARD AND CONTROL THE A GAP. C.P. IF THE GUARD VACATES, CLOSE.

WILL TREAT IT THE SAME AS SPIKE B GAP.

UNDER RUN STUNTS

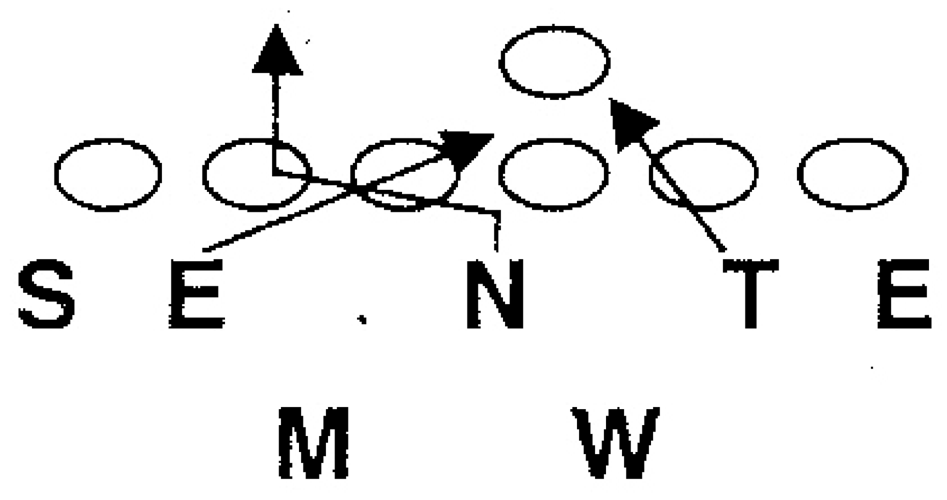
LION/LEO



OPEN END UP FIELD CHARGE, TURN ALL RUNS INSIDE(NO SPILL). CONTAIN!
LEO = 5 TECH. LION= LOOSE 5 OR 9.

WILL FILL RESPONSIBILITY INSIDE OF END.

CHARLIE



CLOSED END STICK STUNT

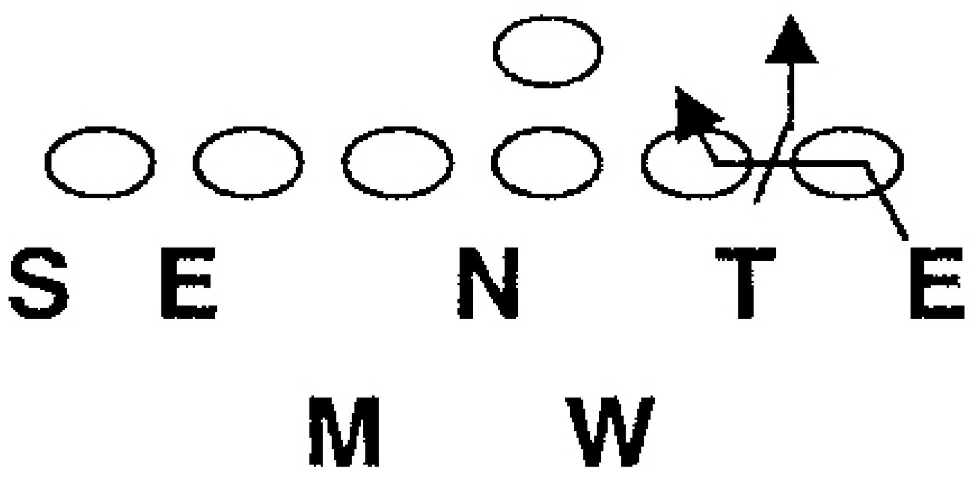
NOSE STICK STUNT

UNDER TACKLE SPIKE STUNT

MIKE FILL THE B GAP C.P. BE ALERT FOR THE SLIP BLOCK.

WILL FILL THE B GAP

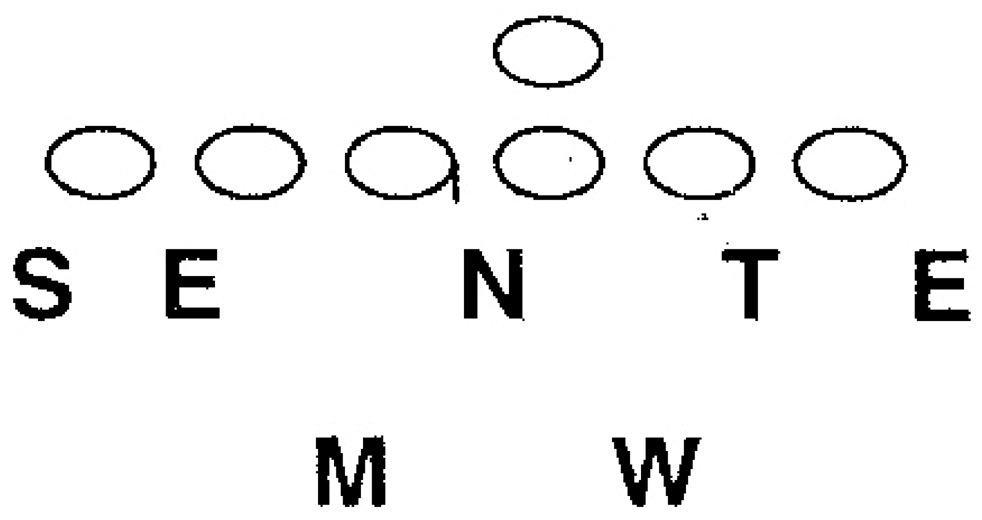
TEX



UNDER TACKLE PENETRATE B GAP HARD- RE-DIRECT TO THE RUN.

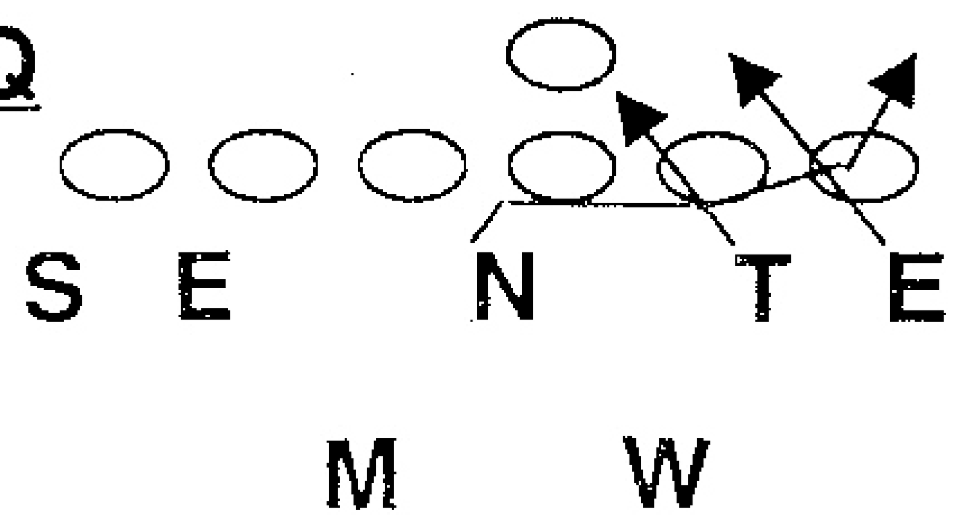
OPEN END Q THE TEX.

RAMBO



THIS IS A CALL BY MIKE LB ON THE L.O.S. TO TAKE THE DEFENSE BACK TO A RUN MODE (THIS WOULD BE GO OR GREEN BACK TO BASE.) TAKES OFF GAMES BACK TO BASE.

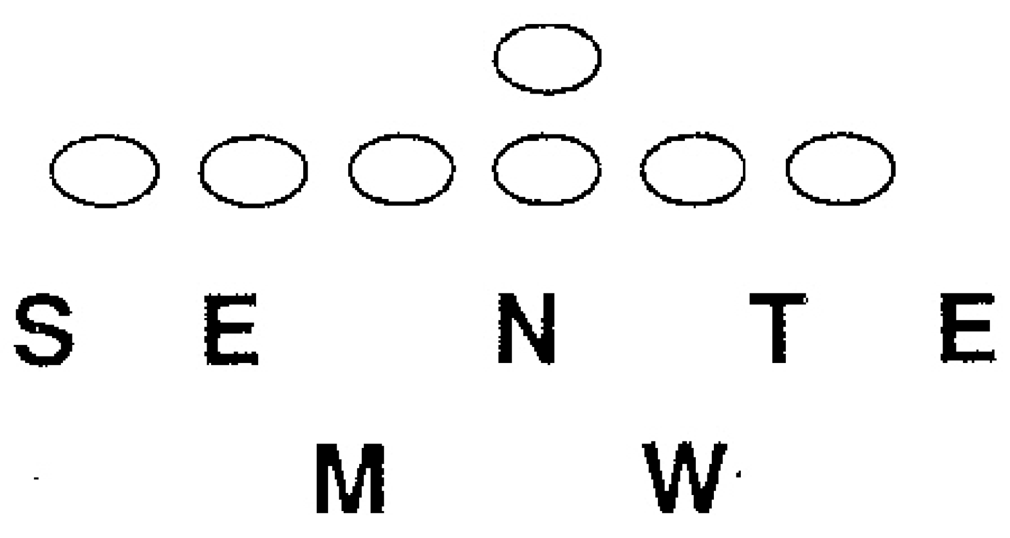
PIRATE Q



THIS IS A CALL BY THE WILL LB ON THE L.O.S. TO ALERT THE UNDER TACKLE AND OPEN END TO CHEAT DOWN THEIR ALIGNMENTS AND RUN A QUICK PIRATE STUNT.

UNDER RUN STUNTS

GO

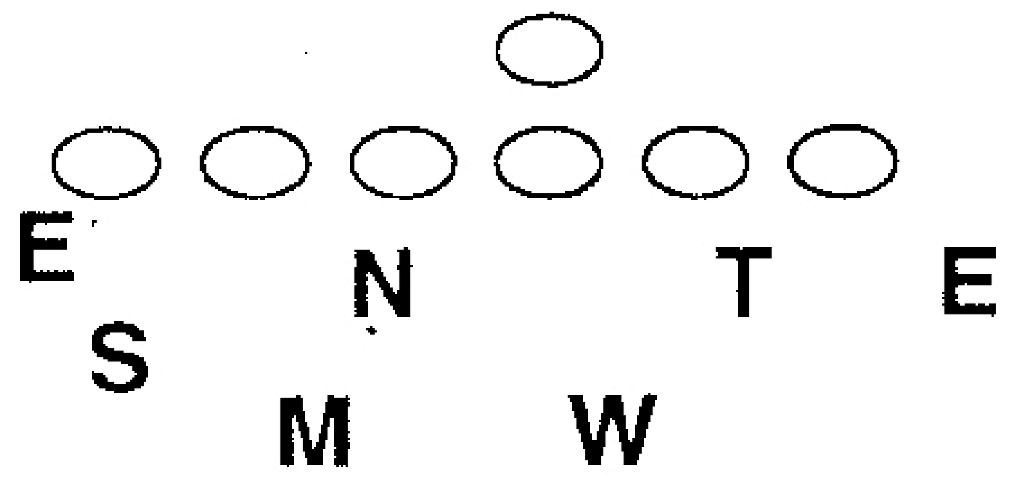


THIS IS A CALL BY THE MIKE LB ON THE L.O.S. TO ALERT THE LINE THAT IT IS A VERY HIGH PASS POSSIBILITY. THE CLOSED END WIDENS AND THE NOSE MOVES TO A "G" ALIGNMENT.

NOSE RUSH THRU A GAP.

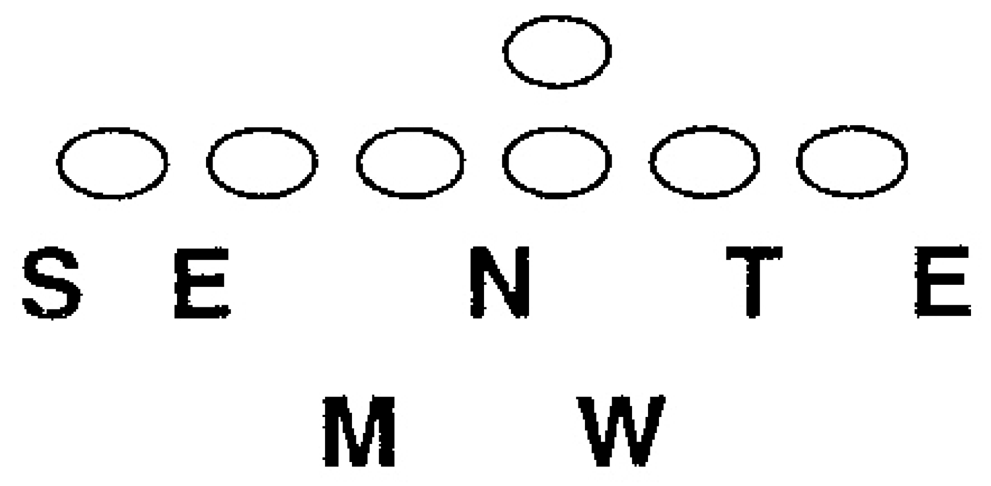
UNDER TACKLE RUSH THRU B GAP.

GREEN



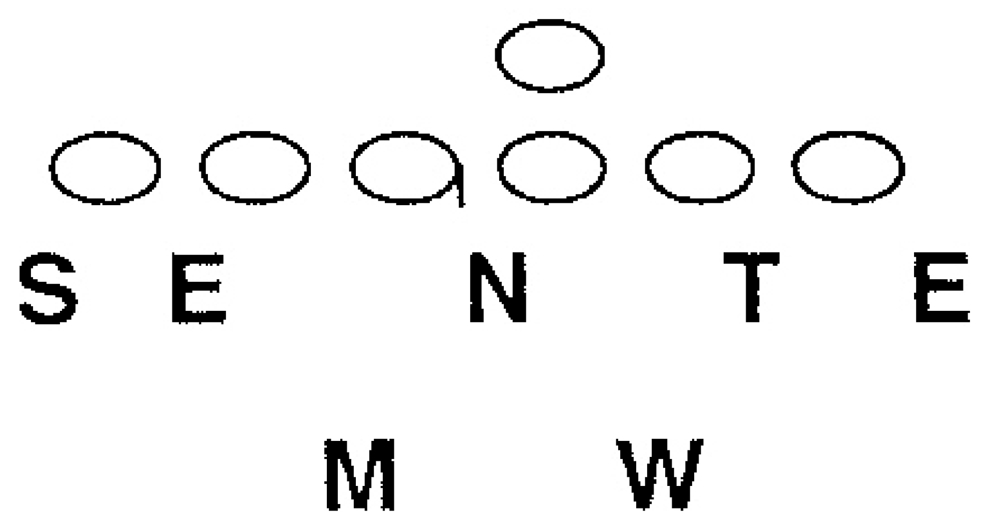
THIS IS A CALL BY THE MIKE LB IN THE HUDDLE TO ALERT THE LINE THAT IT IS A HIGH PASS POSSIBILITY AND THEY CAN EXECUTE PASS GAMES.

OMAHA



THIS IS A CALL BY THE MIKE LB ON THE L.O.S. TO CALL OFF ANY STUNTS AND RETURN THE DEFENSE TO BASE.

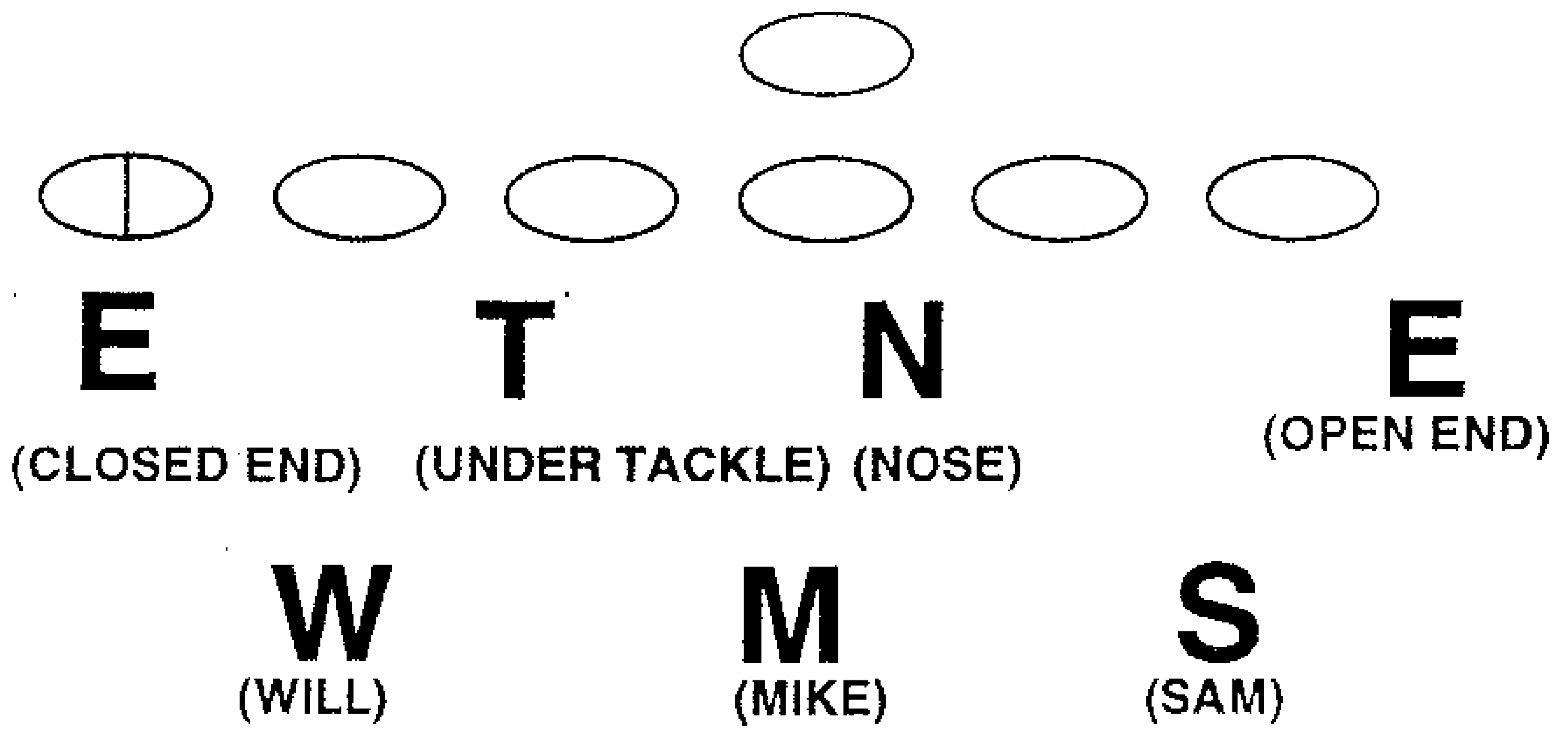
G



NOSE ALIGN HEAD UP TO 2 EYE ON THE GUARD, CONTROL RESPONSIBILITY IN THE A GAP.

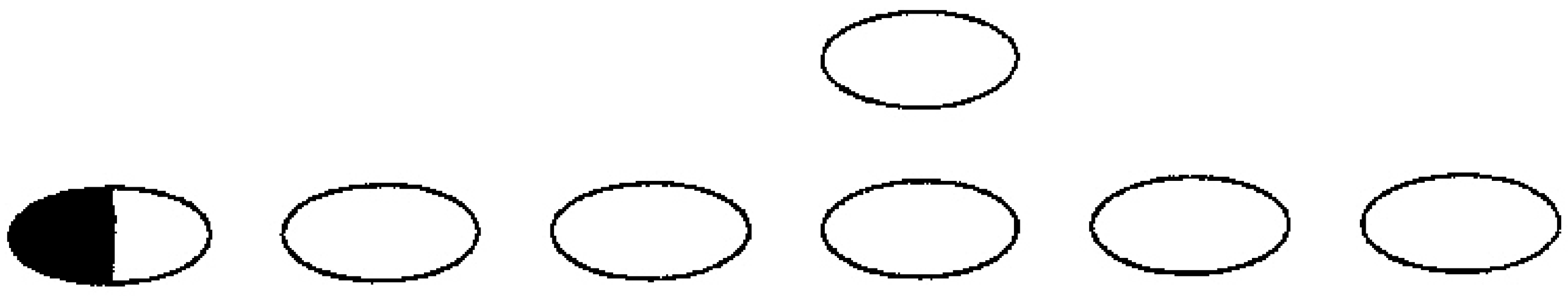
MIKE FLOW TO B GAP.

OVER DEFENSE



POSITION	ALIGN. TECH.	KEY	RUN RESPONSIBILITY	PASS RUSH LANE	COACHING POINTS
CLOSED END	STACK HEAD UP	TE	PLAY TO- C GAP PLAY AWAY- C GAP CHASE	LEFT OUTSIDE CONTAIN	MISMATCH STRETCH 5YDS PLAY INSIDE OUT
OPEN END	5 TECH	TACKLE	PLAY TO- C GAP PLAY AWAY- C GAP SQUEEZE B GAP CHASE	RIGHT OUTSIDE	
NOSE TACKLE	1 TECH	CENTER	PLAY TO- OPEN A GAP PLAY AWAY - OPEN A GAP	OPEN A GAP	
UNDER TACKLE	3 TECH	GUARD	PLAY TO- B GAP PLAY AWAY- B GAP SQUEEZE A GAP	TWO WAY GO	2 GAP OFF GUARD ISO
SAM	STACK B	BACKS	DEPENDS ON COVERAGE		ALIGN AWAY FROM CLOSED CALL
WILL	TAN	BACKS	DEPENDS ON COVERAGE		ALIGN TO CLOSED CALL
MIKE	STRONG ZERO	BACKS	DEPENDS ON COVERAGE		

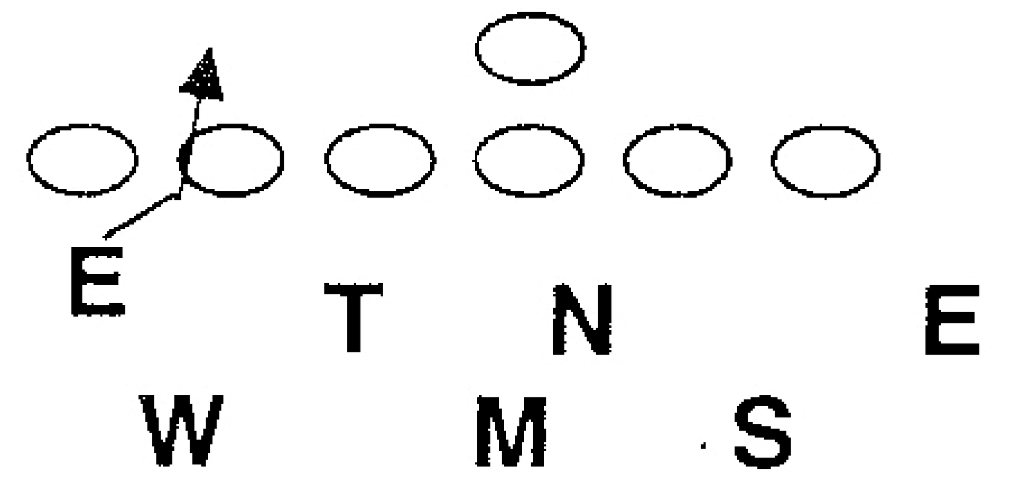
OVER STEM DEFENSE



POSITION	ALIGN. TECH.	KEY	RUN RESPONSIBILITY	PASS RUSH LANE	COACHING POINTS
CLOSED END	9 TECH.	TE	PLAY TO- C GAP PLAY AWAY- C GAP CHASE	LEFT OUTSIDE CONTAIN	
OPEN END	5 TECH	TACKLE	PLAY TO- C GAP PLAY AWAY- C GAP SQUEEZE B GAP CHASE	RIGHT OUTSIDE	
NOSE TACKLE	1 TECH	CENTER	PLAY TO- OPEN A GAP PLAY AWAY- OPEN A GAP	OPEN A GAP	
UNDER TACKLE	3 TECH	GUARD	PLAY TO- B GAP PLAY AWAY- B GAP SQUEEZE A GAP	TWO WAY GO	2 GAP OFF GUARD ISO "HIGH HAT"
SAM	STACK B	BACKS	DEPENDS ON COVERAGE		ALIGN AWAY FROM CLOSED CALL
WILL	TAN	BACKS	DEPENDS ON COVERAGE		ALIGN TO CLOSED CALL
MIKE	STRONG ZERO	BACKS	DEPENDS ON COVERAGE		

OVER RUN STUNTS

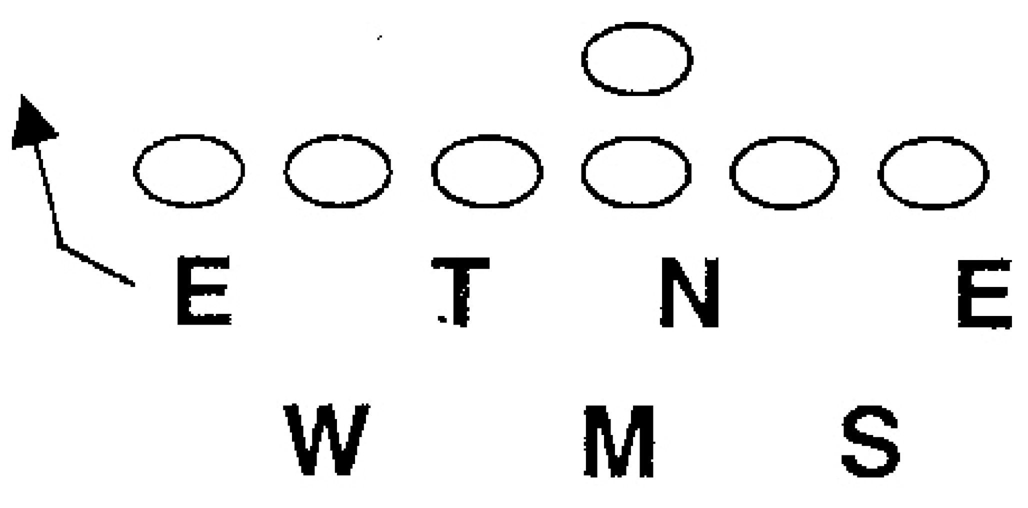
BUCK



CLOSED END CHARGE INSIDE BEAT TIGHT END FOR CUT OFF BLOCK, THEN READ THE TACKLE. IF TACKLE DISAPPEARS, CLOSE TO GUARD. IF TACKLE BLOCKS OUT (SLIP OR FAN), HIT THE C GAP.

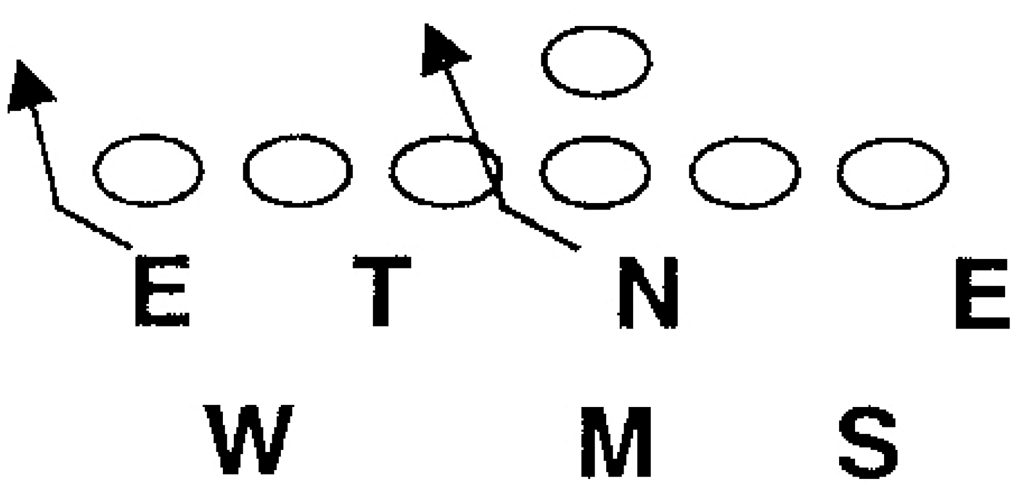
C.P. IF PASS, RUSH OUTSIDE TACKLE AND CONTAIN. WILL=SCRAPE TO D GAP.

STUD



CLOSED END STEP WITH OUTSIDE FOOT AND RIP ACROSS TIGHT ENDS FACE. YOU ARE RESPONSIBLE FOR D GAP. CONTAIN ALL RUN PLAYS. IF TIGHT END RELEASES ON PASS, PASS RUSH OUTSIDE TACKLE.

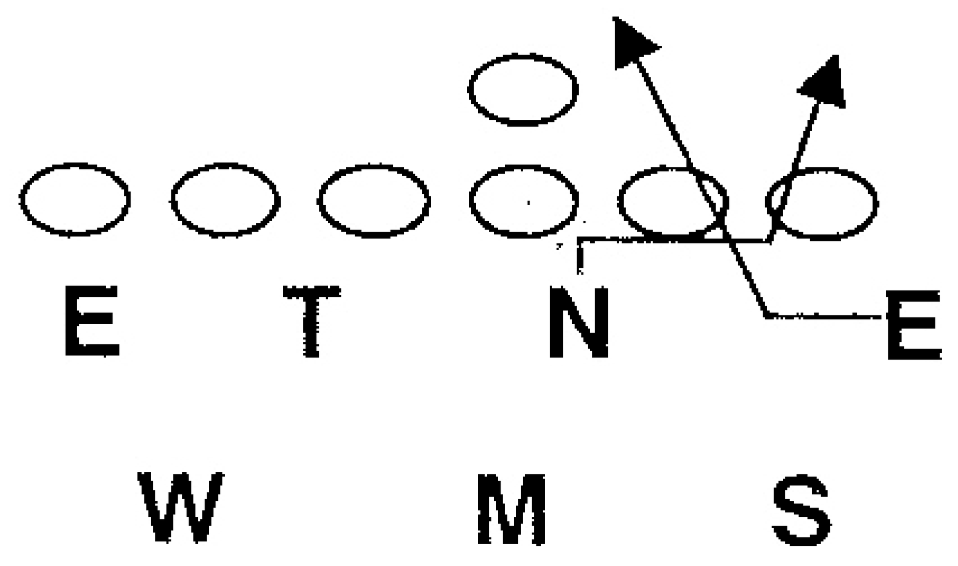
STAG



CLOSED END RUN STUD STUNT

NOSE RUN GAP STUNT.

STICK

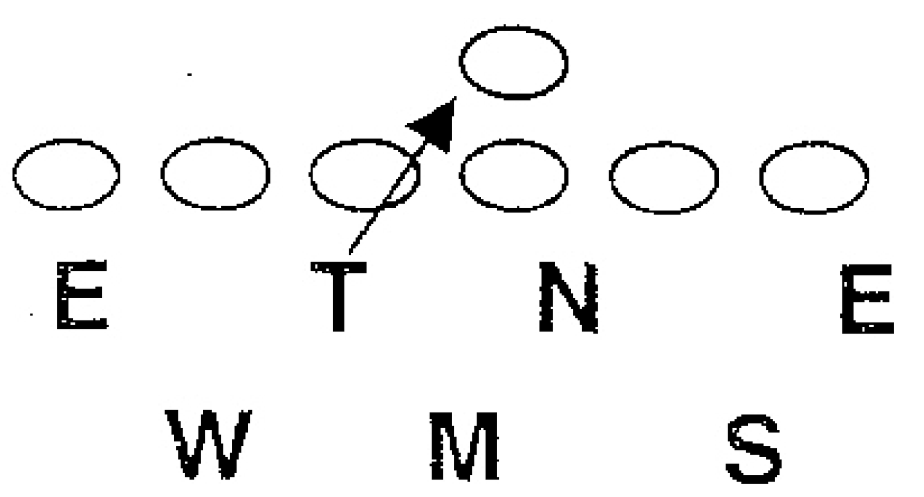


OPEN END TAKE A GAP -POINT OF ATTACK A GAP. C.P. YOU CAN NOT BE CUT OFF. IF GUARD VACATES, CLOSE.

NOSE PLAY NORMAL TECHNIQUES, COME AROUND TO CONTAIN ON PASS.

MIKE FLOW TO- SCRAPE TO C GAP C.P. BE ALERT FOR SLIP BLOCK.

SPIKE



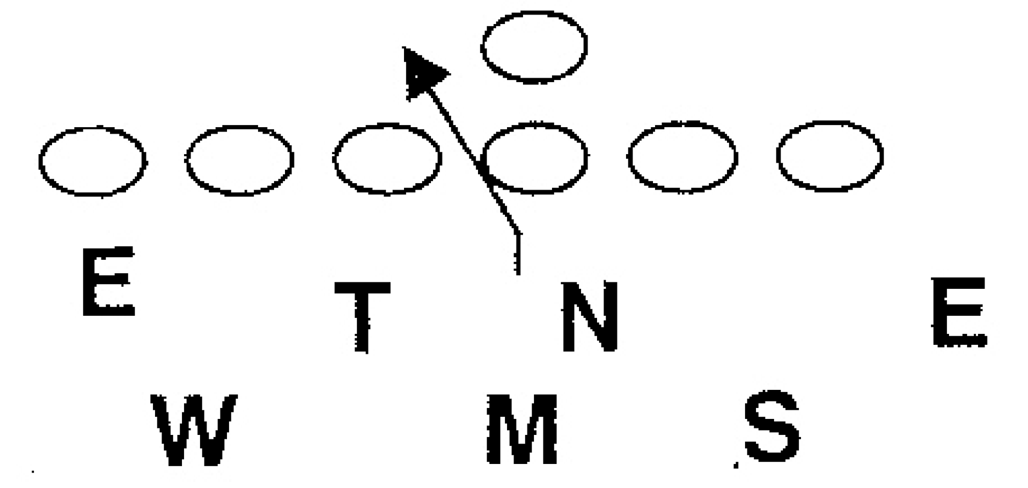
UNDER TACKLE USE SLANT TECHNIQUE ATTACKING THE A GAP. C.P. FIGHT TO KEEP FROM BEING CUT OFF FROM FLOW WEAKSIDE.

NOSE PLAY NORMAL TECHNIQUE, IF HIGH HAT, COME AROUND UNDER TACKLE.

MIKE FLOW STRONG-FILL B GAP.

OVER RUN STUNTS

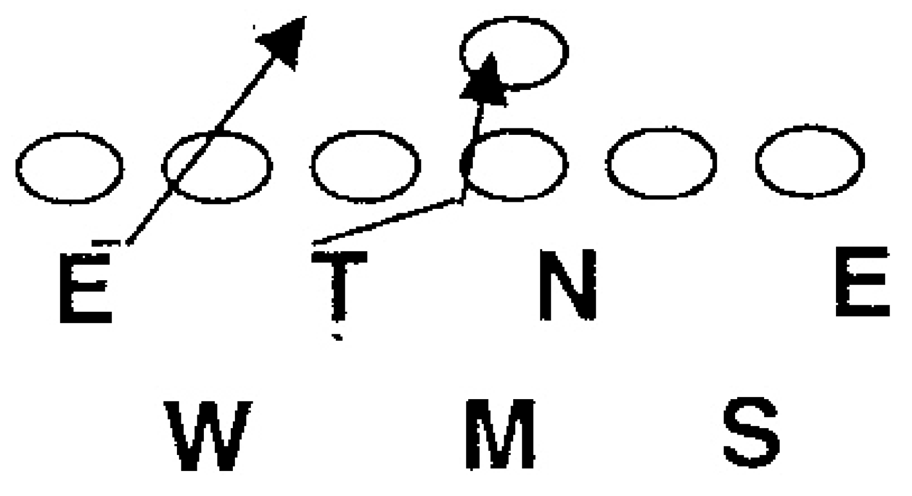
GAP



NOSE GAP TECHNIQUE TO THE CLOSED SIDE A GAP.

MIKE C.P. EXPECT A QUICK SCOOP BLOCK FROM CENTER WITH WEAK SIDE RUN.

BASS



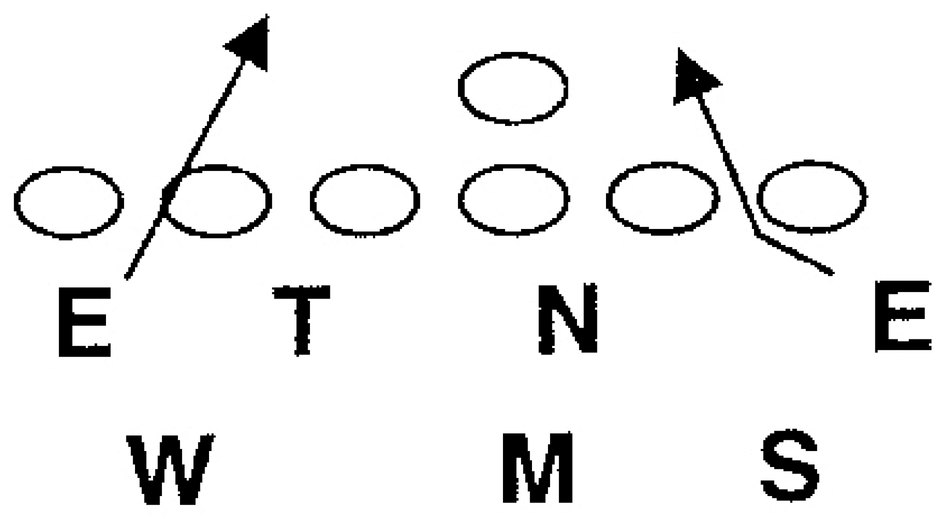
CLOSED END RUN "BUCK" STUNT

UNDER TACKLE RUN "SPIKE" STUNT

MIKE B GAP TO FOOTBALL.

WILL SCRAPE TO D GAP.

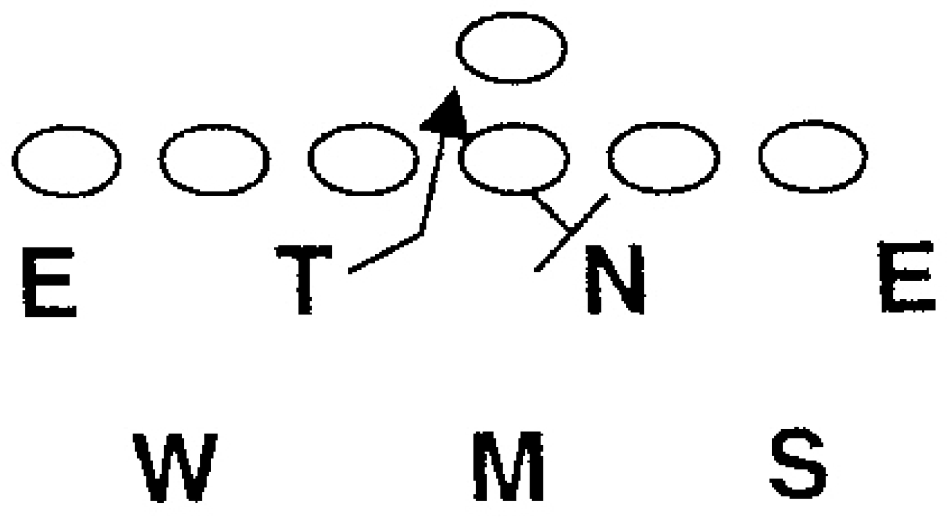
STAB

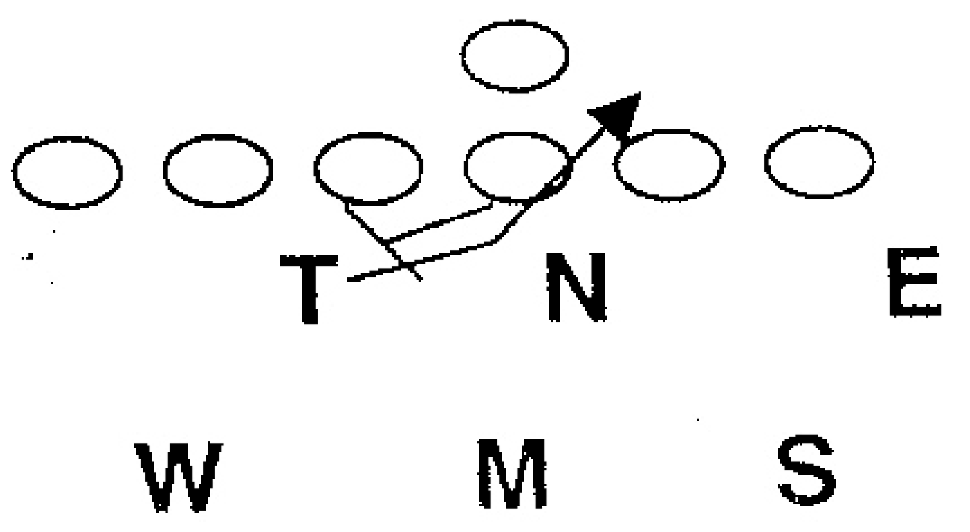


CLOSED END RUN BUCK STUNT.

OPEN END RUN STICK STUNT.

ARROW





SPIKE CHARGE READ THE CENTER

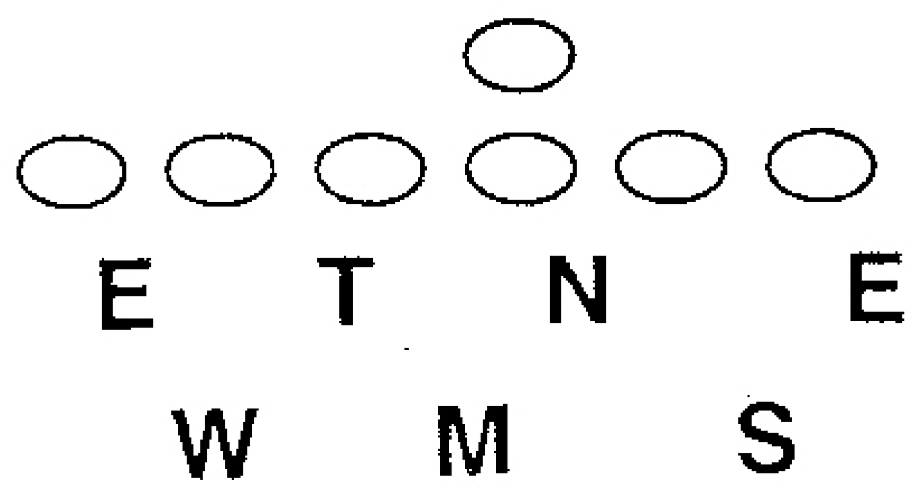
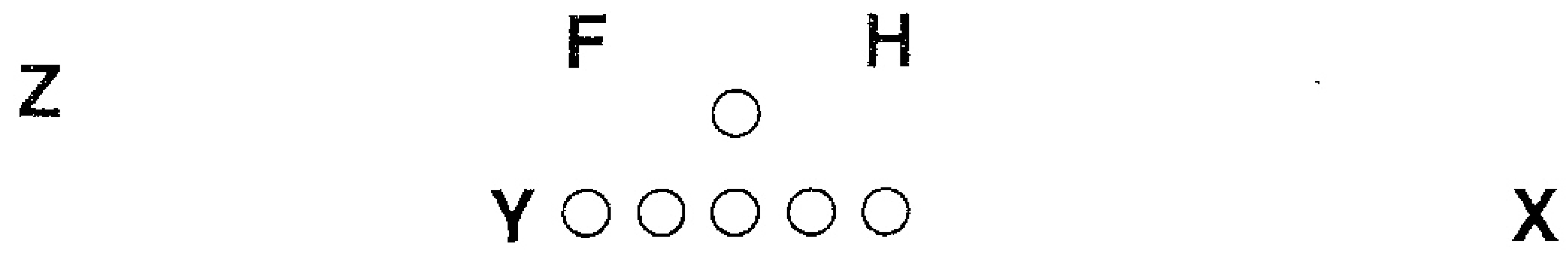


TABLE OF CONTENTS
GENERAL COVERAGES

ZONE AREAS IN COORDINATION WITH COVERAGE



FLAT	CURL	SLOT	HOOK	HOOK	SLOT	CURL	FLAT
SIDELINE TO #'S	#'S TO HASH		HASH	TO M.O.F.		#'S TO HASH	SIDELINE TO #'S

DEEP OUTSIDE 1/3	DEEP MIDDLE 1/3	DEEP OUTSIDE 1/3

DEFENSIVE ZONE AREAS IN COORDINATION WITH COVERAGE

WIDE - Area from ball to sideline behind line of scrimmage.
FLAT - Area from Tight End to sideline to a depth of 1-7 yards.
HOOK - Normal area over where a Tight End aligns up to a depth of 9 - 15 yards and horizontally from Tight End alignment to the nose of the offensive tackle.
SEAM - Area over which Tight End normally aligns that lies between two designated zones in our defensive coverage.
OUT - Area 5 - 17 yards in depth directly outside of the Wide Receiver's alignment extending outside to the boundary.
CURL - Area 8 - 15 yards in depth directly to the inside of any Wide Receiver's alignment, extending inside to a point 2 yards outside of the normal alignment of the Tight End.
STRONG DEEP OUTSIDE 1/3 - Area to strong side of formation that extends 3 1/3 yards from inside edge of the numbers to the boundary. Area in depth runs 16 yards to goal line. Width of outside 1/3 will vary by formation.
WEAK DEEP OUTSIDE 1/3 - Area to weak side of formation that extends 3 1/3 yards from inside edge of numbers to the boundary. Area in depth runs 16 yards to goal line. width of outside 1/3 will vary by formation.
MIDDLE DEEP 1/3 - Area that extends 3 1/3 yards from the inside edge of the numbers to 3 1/3 yards inside the opposite set of numbers. Area in depth runs 16 yards to the goal line. Middle deep 1/3 will vary by formation.
OUTSIDE 1/2 - Area that extends from 5 yards outside hash to boundary. Mid point of outside 1/2 is 2 yards from inside edge of numbers.

NOTE: STRONG, WEAK, and MIDDLE 1/3 listed above represents the field divided into 3 equal parts by yards. These thirds will change by formation. The same applies to halves.

LANDMARKS AND DISTANCES OF FIELD MARKINGS

DISTANCE OF FIELD MARKINGS

A. Field - 160 feet in width - 53 1/3 yards.

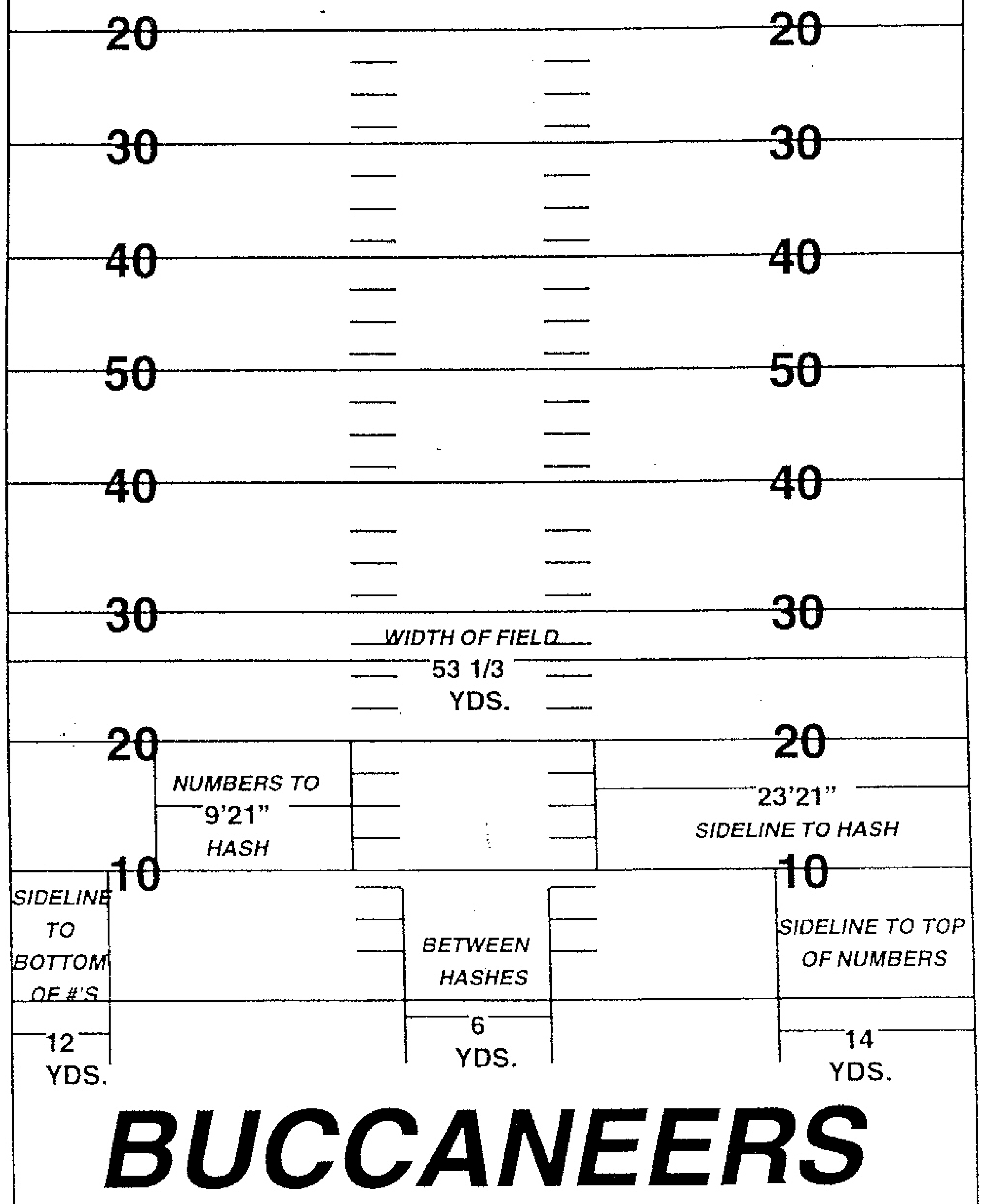
B. Boundary to inside to inside edge of numbers - 14 yards.

C. Boundary to outside edge of numbers - 12 yards.

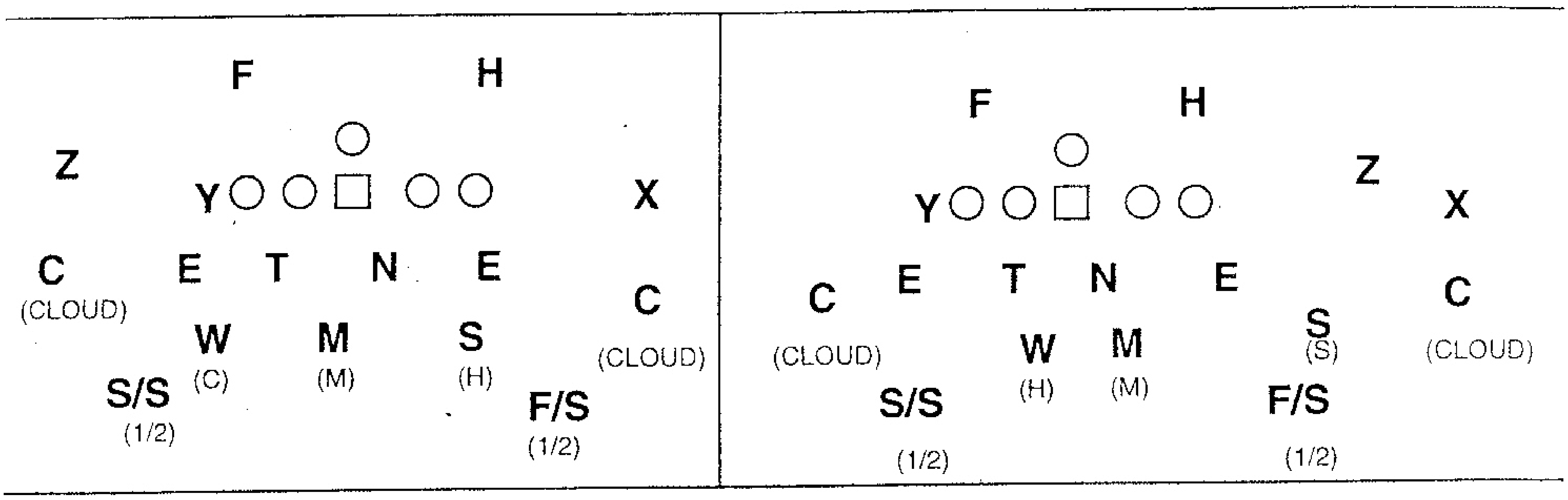
D. Numbers are 2 yards in width.

E. Boundary to hash - 23 yards 21".

F. Numbers to hash - 9 yards 21".



OVER 2



DESCRIPTION

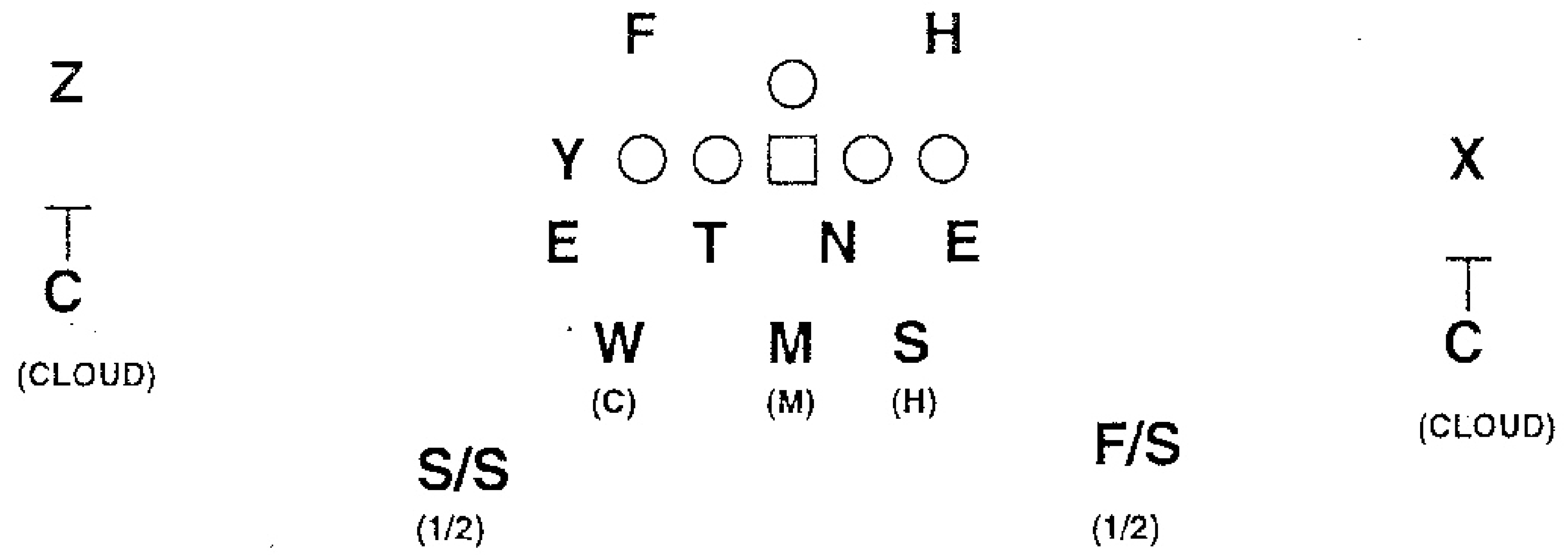
This is a two deep 5 under zone defense. Corners are rolled up on the wide receivers, two safeties have half-field coverage and Mike LB has middle read.

ADDITIONAL INFORMATION

1. Loose= Corners play Cathy and LB's loosen up.
2. Y Motion (2 back) = Check Pirate.
3. <u>Weak Corner</u>- Align 2x2 if Triples.
4. Pass Responsibilities for Sam and Will.

   A. Curl B. Hook C. Seam
5. If over Stem 2 is call versus any form of slot (aligned or motion to) Will LB give DE a" BUCK call". LB's now play base slot over 2 rules.

OVER 2



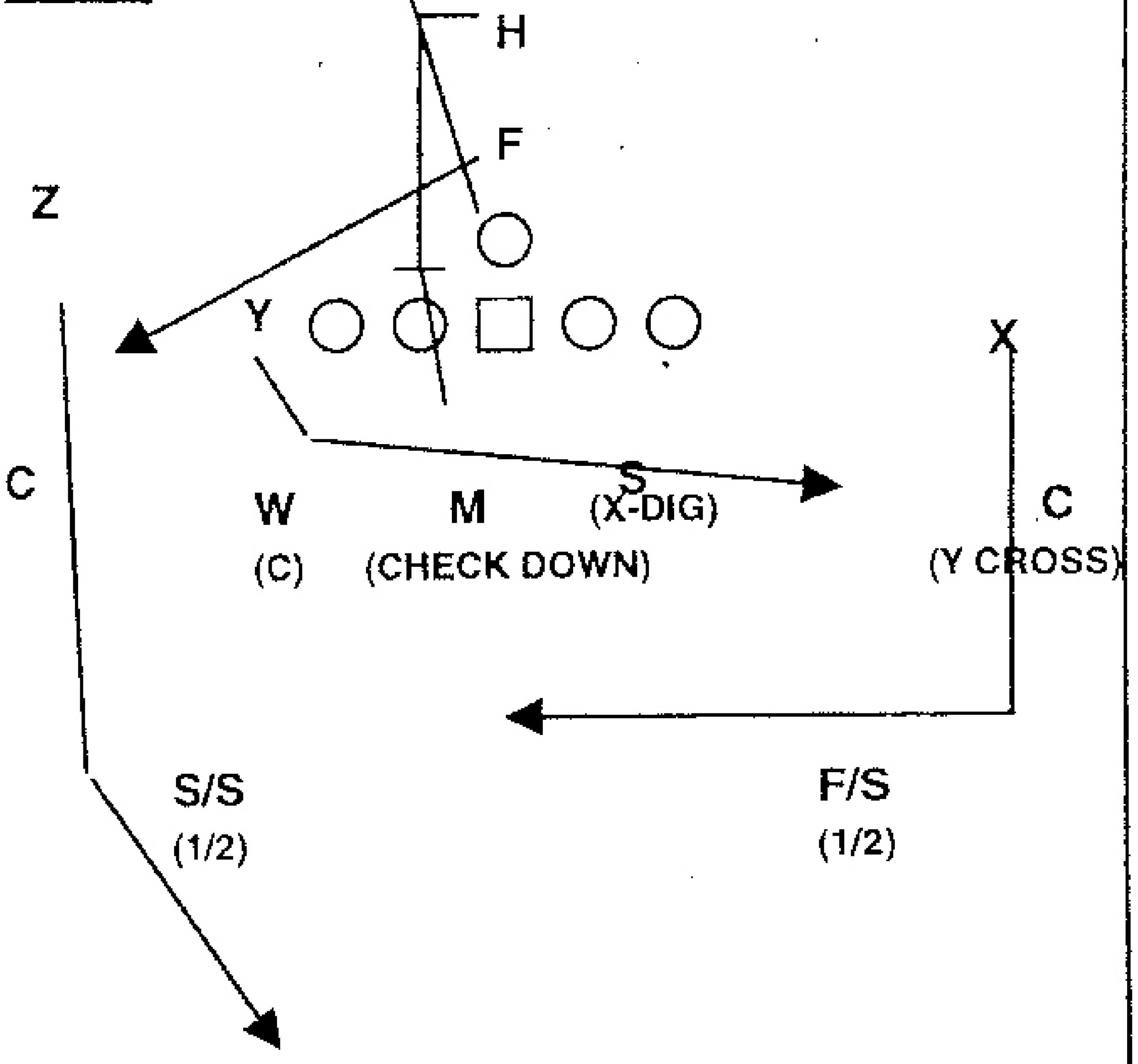
SAM	MIKE	WILL
ALIGN: Tan **KEY:** #2 WEAK QB OR DOT. **RESP**.-Weak hook off #2 weak, Maintain inside position. **Fire- X-**Dig **FLOW-** Hook **FLOOD-** Curl **BOOTLEG-**Y Drag	**ALIGN:** 0 Technique **KEY:** NB,TE,QB. **RESP.**-Open #3 zone middle area **Fire-** Check down **Flow-** Middle read **FLOOD-** Middle read **BOOTLEG-** Zone up, Y cross.	**ALIGN:** Tan **KEY:** NB,TE,QB. **RESP.**- CURL **C.P.**- F Trail **Fire-** Curl **FLOW-**Curl **FLOOD-** Hold off Y seam **BOOTLEG-** Curl

STR. CB	S/S	F/S	WK. CB
ALIGN- 4 yds. from L.O.S. outside eye on #1. **KEY-** #1,#2,#3,QB. **RESP:** Flat <u>zone strong side.</u> Re-route #1 & disrupt his pattern. Funnel #1 inside. Keep vision, Locate strong side #2 or crossing receivers as you get depth. Hold off the fade 18-20 yards deep. Alert smash, run with 2nd man thru zone. **CP:** Once run shows force and contain.	**ALIGN--** 2 x 12 off TE. **KEY-** #1,QB. **RESP:** Deep half P.O.A. is 22 yds. deep 2 yds. inside top edge of numbers. Read #2, if #2 is up field maintain position 2 yards inside numbers. If #2 blocks or is out lean to #1. Alert smash. **C.P.** Wing rule stack Dx7. **Slot:** Stack Cx7.	**ALIGN-** 2 x 12 off weak OT. **KEY-** #1,#2,QB. **RESP:** Deep half P.O.A. is 22 yds. deep 2 yds. inside top edge of numbers. Read #2, if #2 is up field maintain position 2 yds. inside numbers. If #2 blocks or is out ,lean to #1. **C.P.** Wing rule Dx7. X tight stack Cx7.	**ALIGN-** 4 yds. from L.O.S. outside eye on #1. **KEY-** #1,#2,QB. **RESP:** Flat <u>zone weak side</u>. Re-route#1 & disrupt his pattern. Funnel #1 inside. Turn inside. Keep vision. Locate #2 or #3 as you get depth. Hold off the fade 18-20 yards deep. Alert smash, run with 2nd man thru zone. **C.P.** Wing rule 2 x L.O.S.

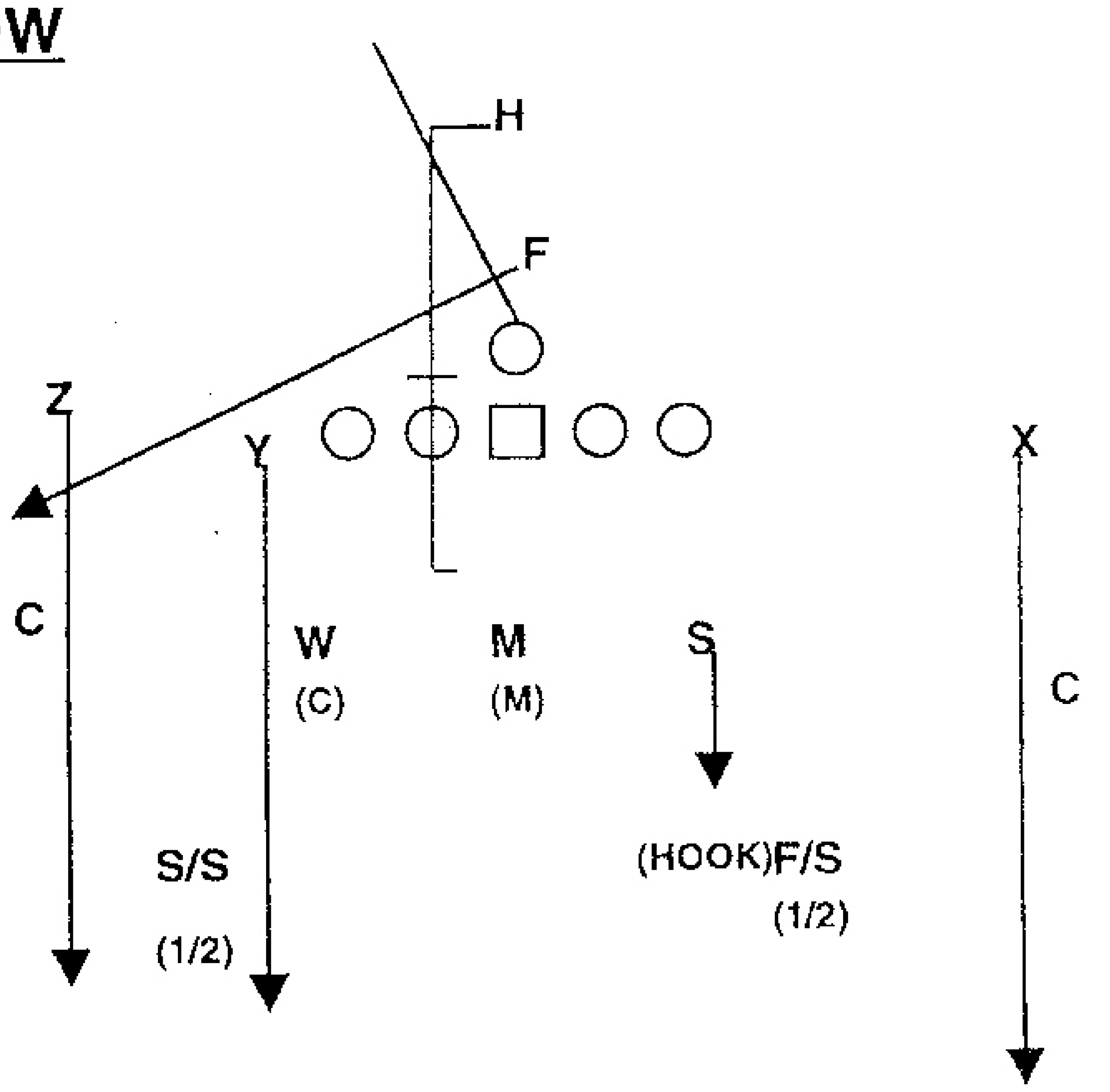
DOUBLE PEEL TO DOUBLE	DOUBLE OUT DOUBLE OUT- SIDE	TRIPS TRIPS OUT FLY TO TRIPS	SLOT MOTION TO SLOT	DETROIT FLY TO DETROIT	TRIPLES PEEL TO TRIPLES	Y OPEN	Y MOTION	YUKON
PLAY IT	PLAY IT	PLAY IT	PLAY IT	PLAY IT	PLAY IT	PLAY IT	PLAY IT	PLAY IT

OVER 2

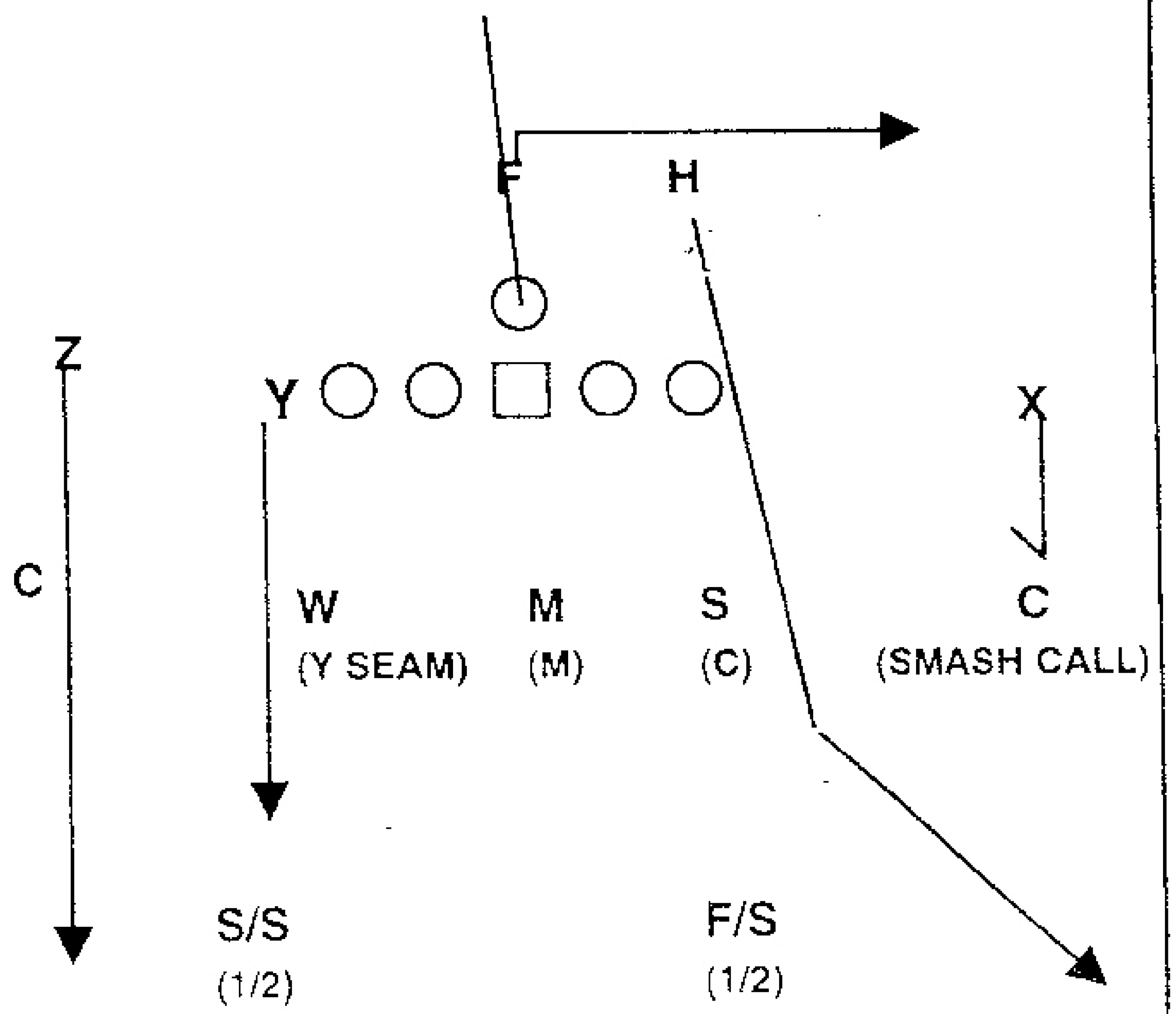
FIRE



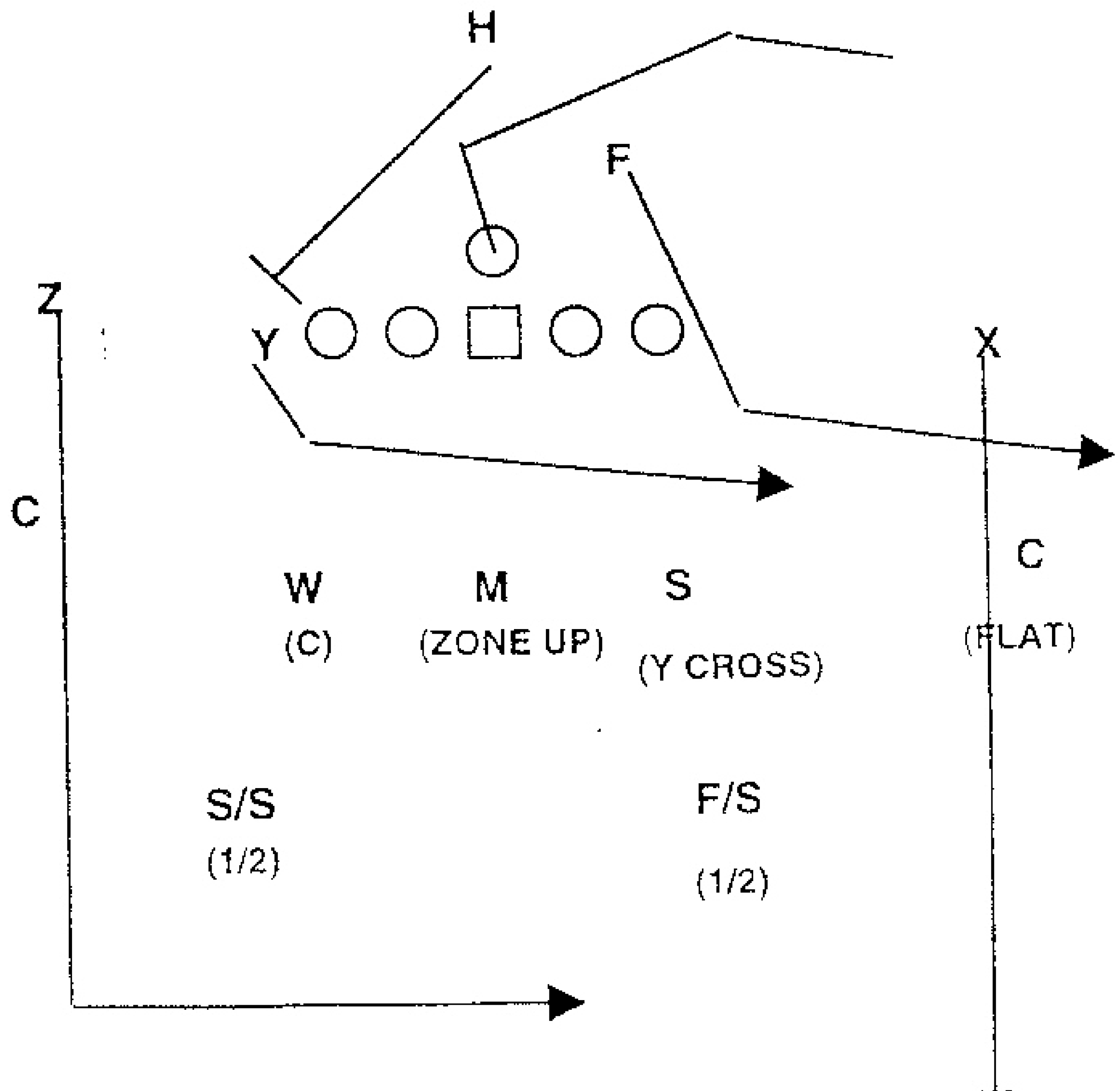
FLOW



FLOOD



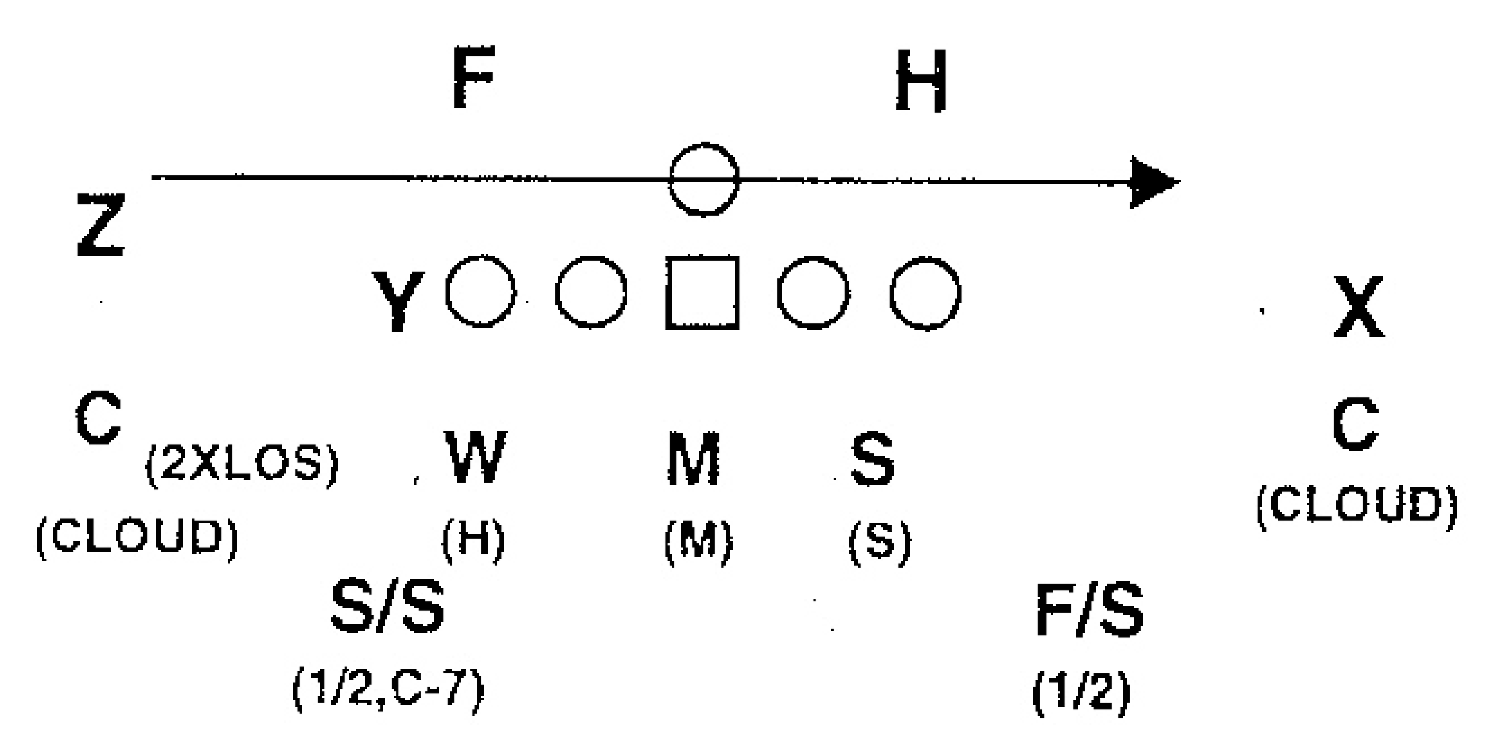
BOOTLEG



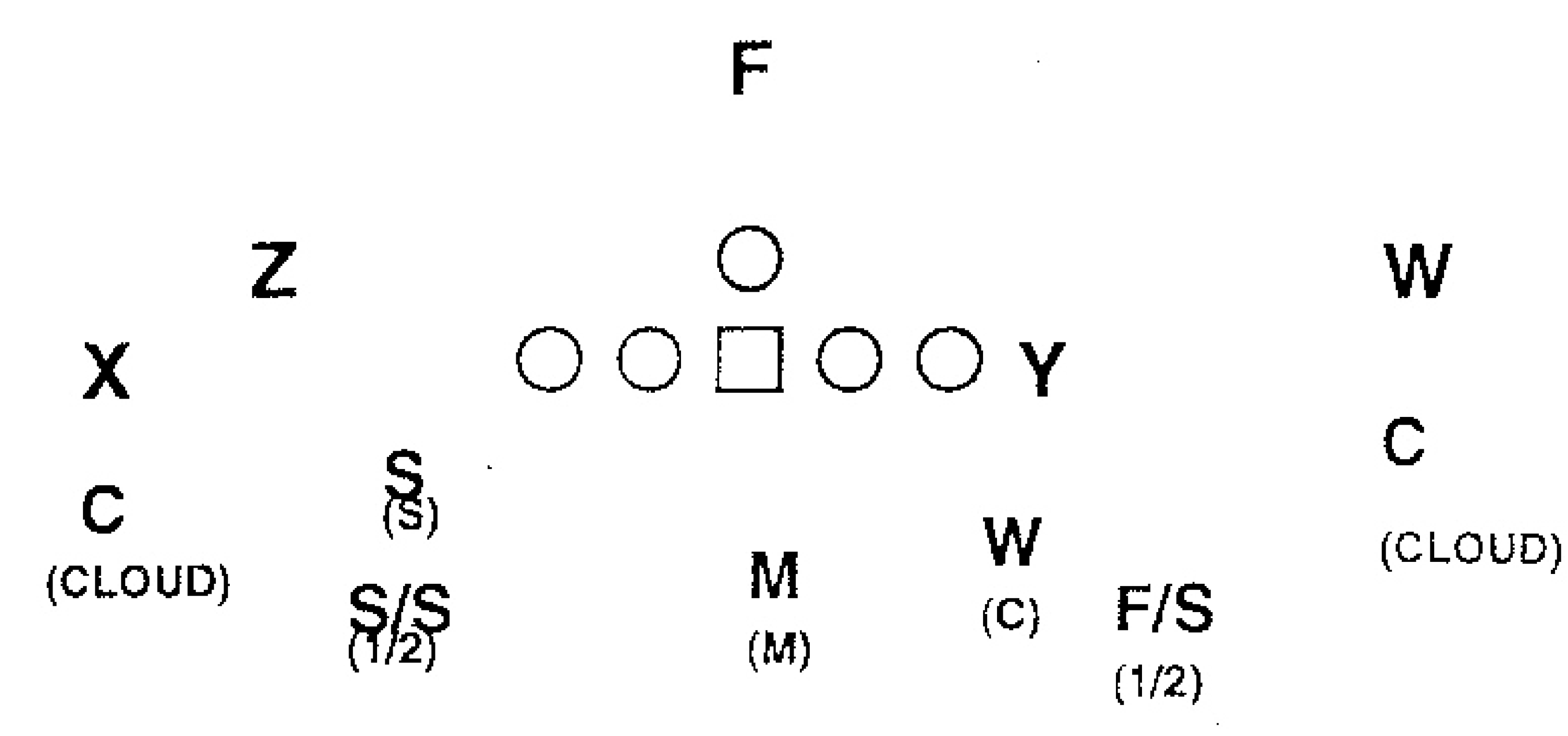
SEAM=S MIDDLE READ=M
CURL=C HOOK=H

OVER 2

REGULAR PRO SPLIT ZOOM TO SLOT 1

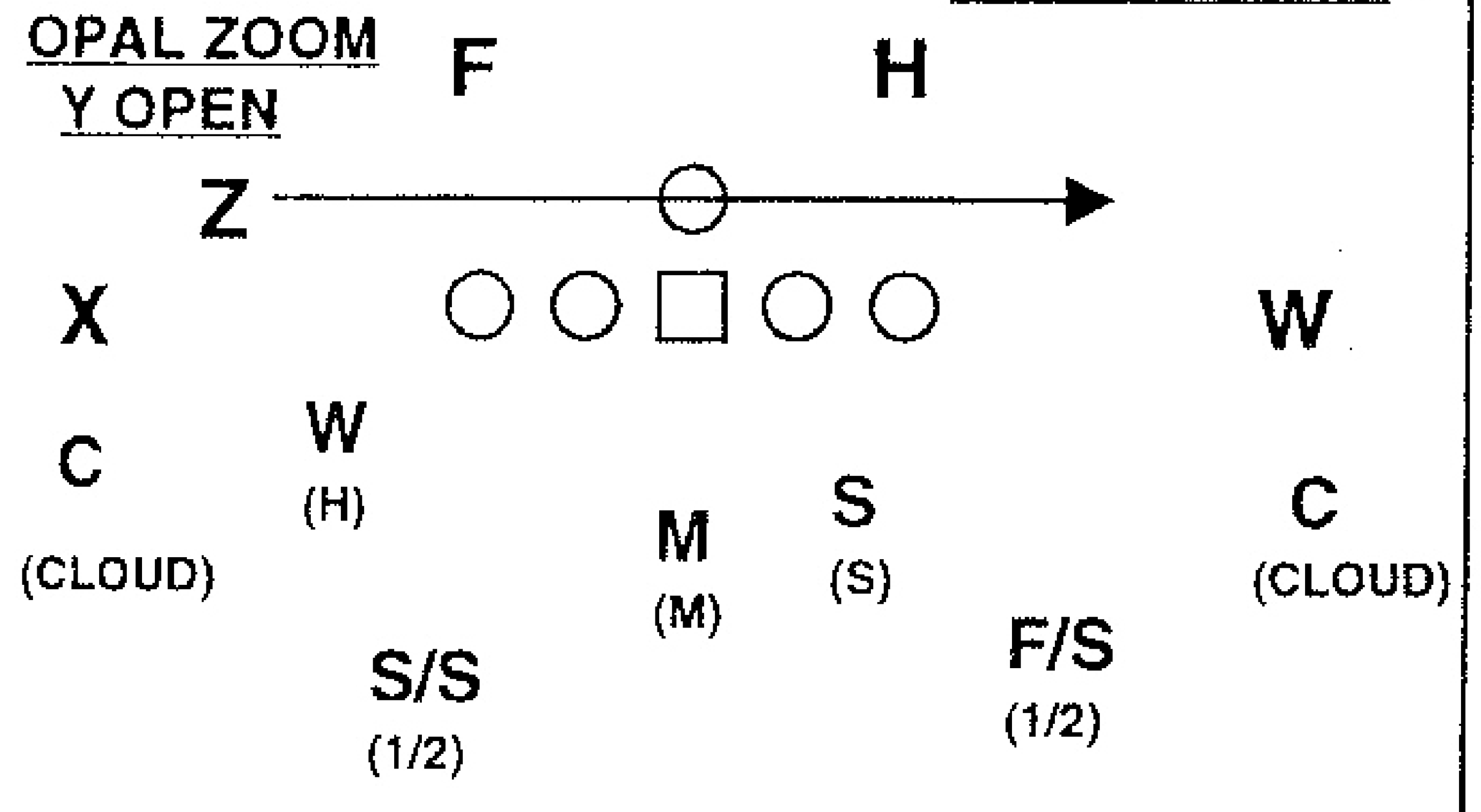


DIAMONDS 2

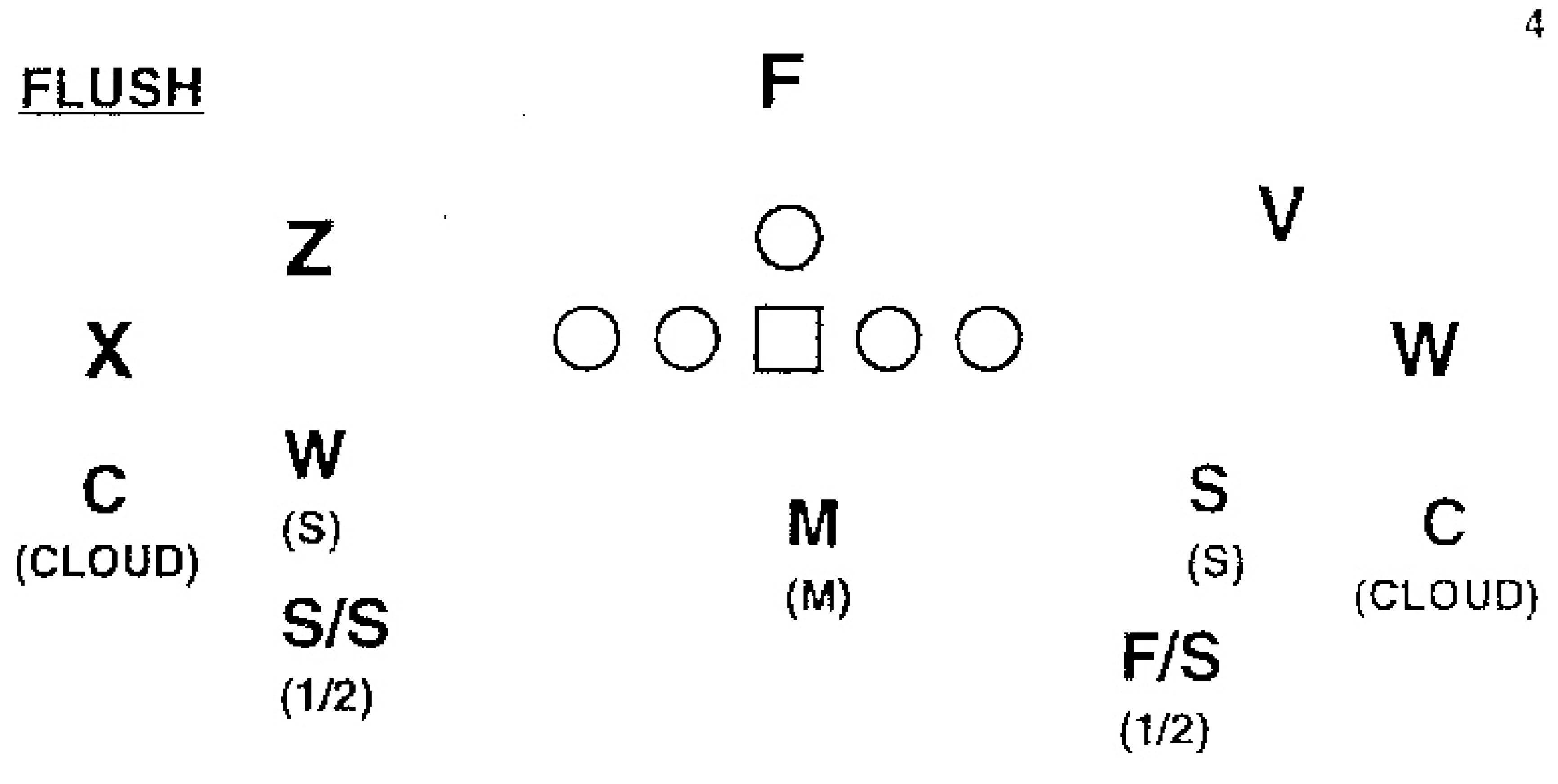


OPAL ZOOM Y OPEN

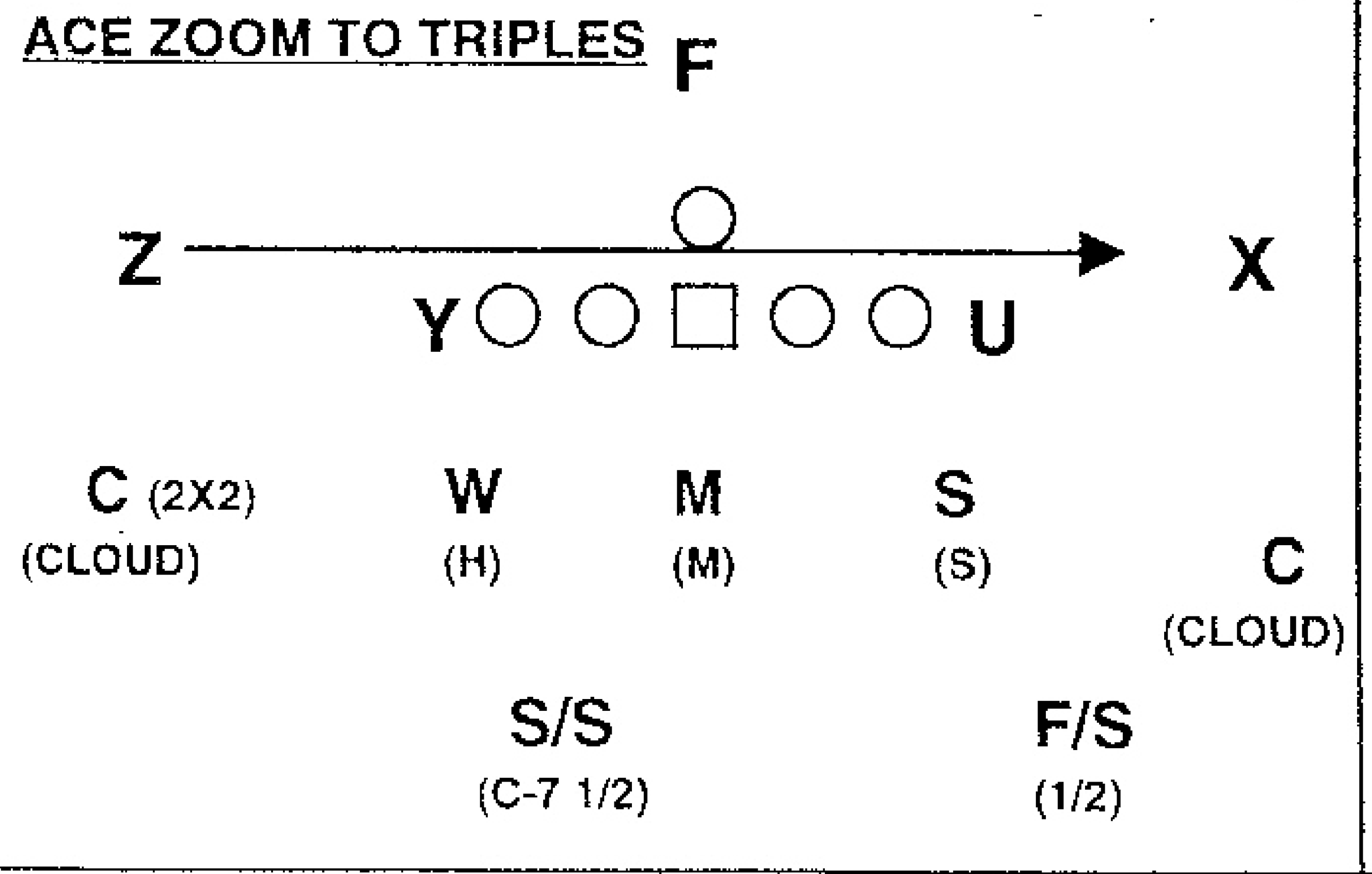
CHECK PIRATE 3



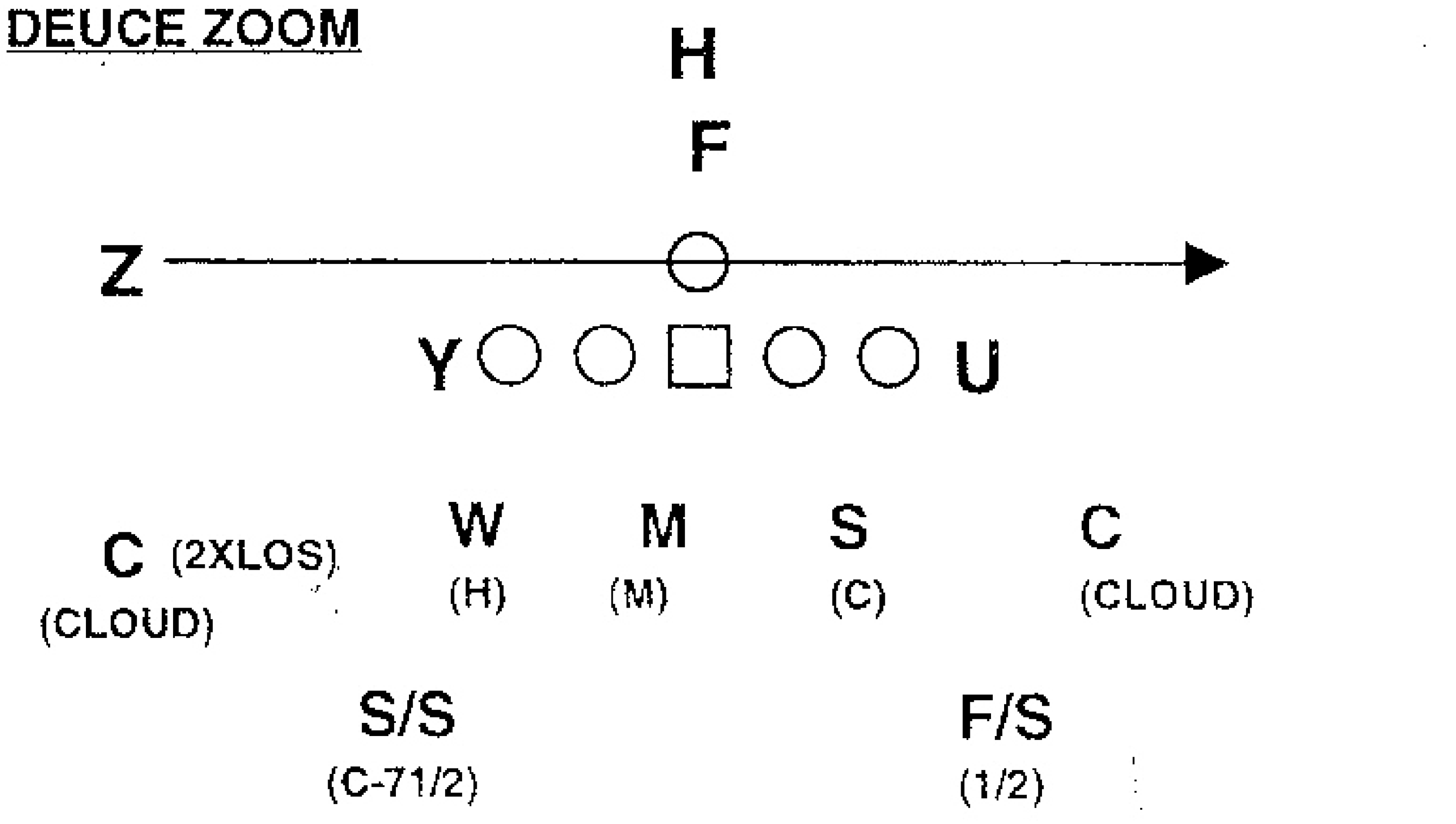
FLUSH 4



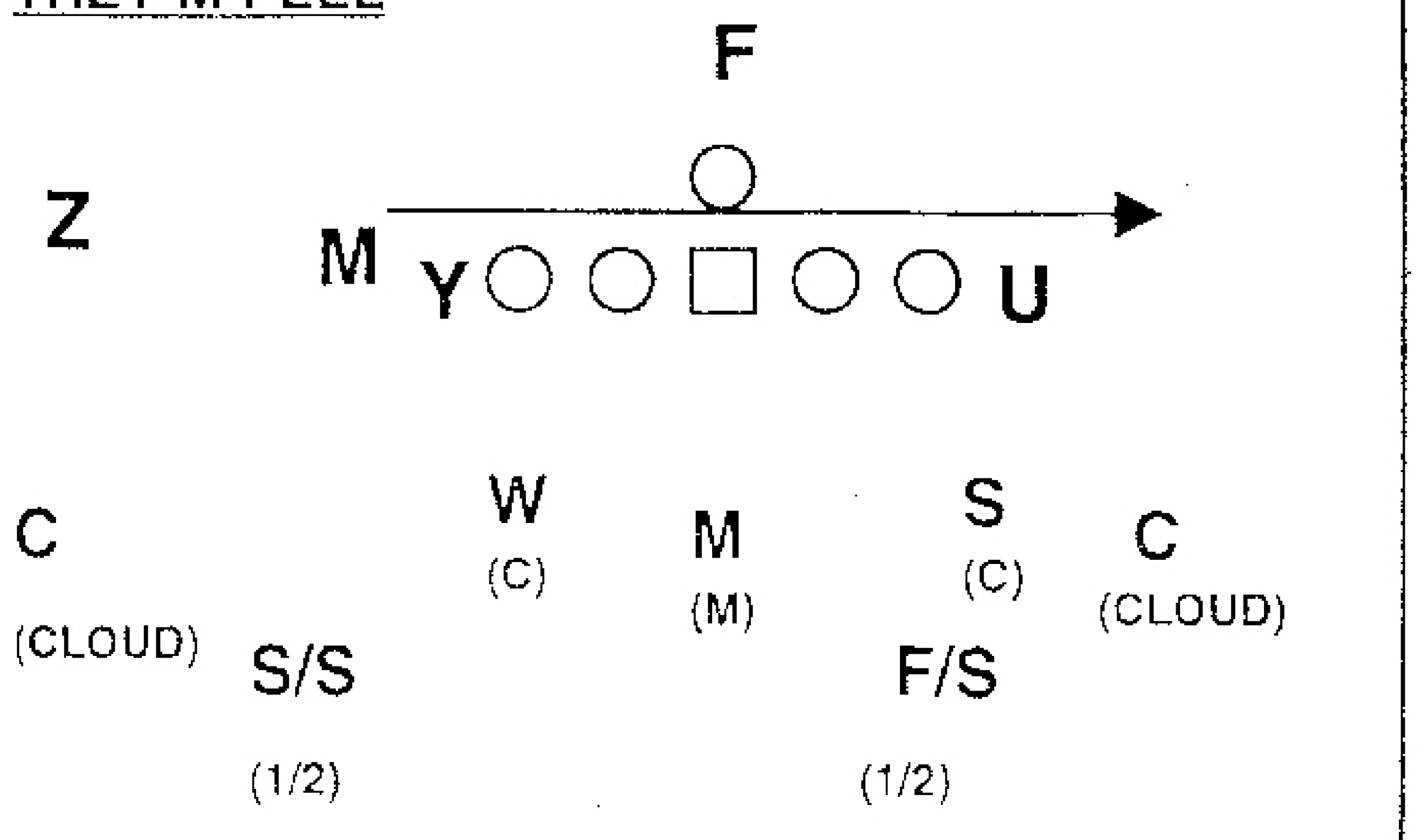
ACE ZOOM TO TRIPLES 5



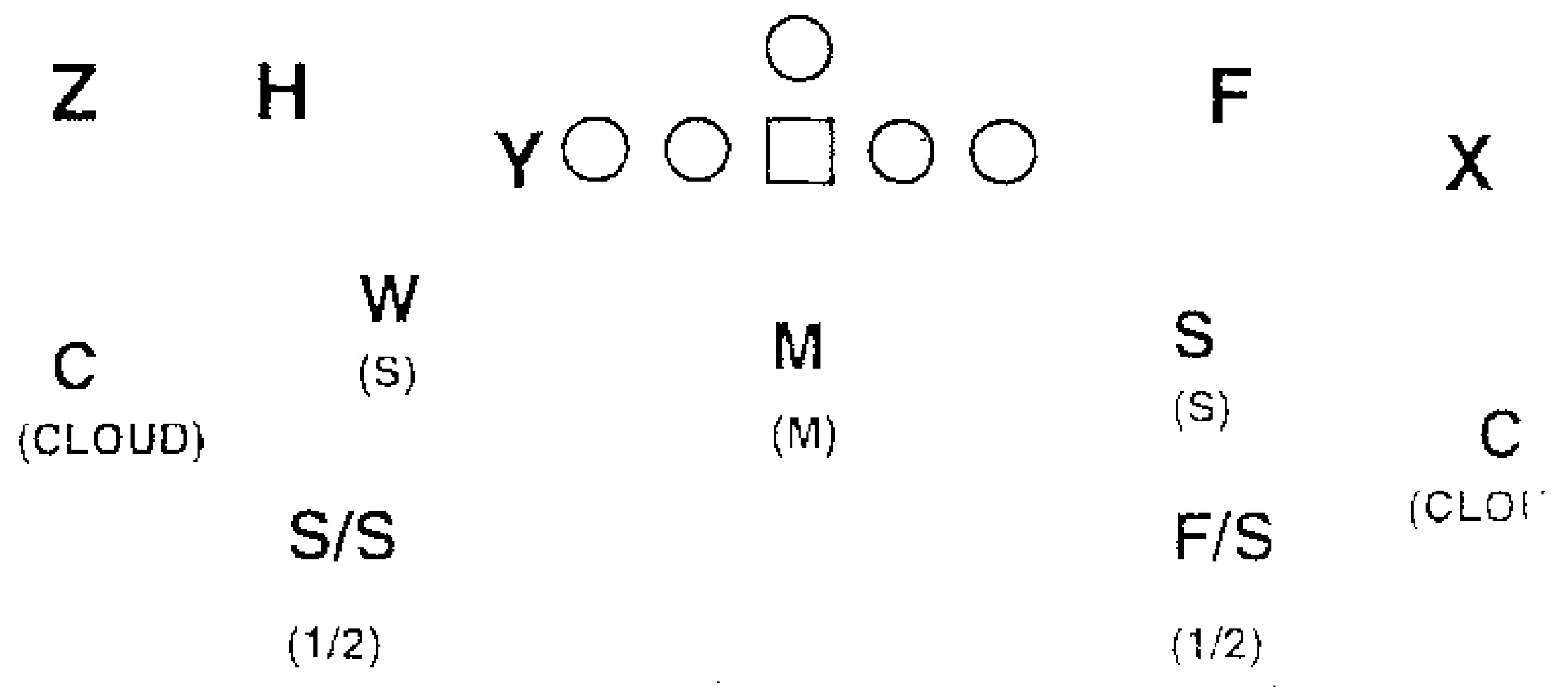
DEUCE ZOOM



TREY M PEEL 7

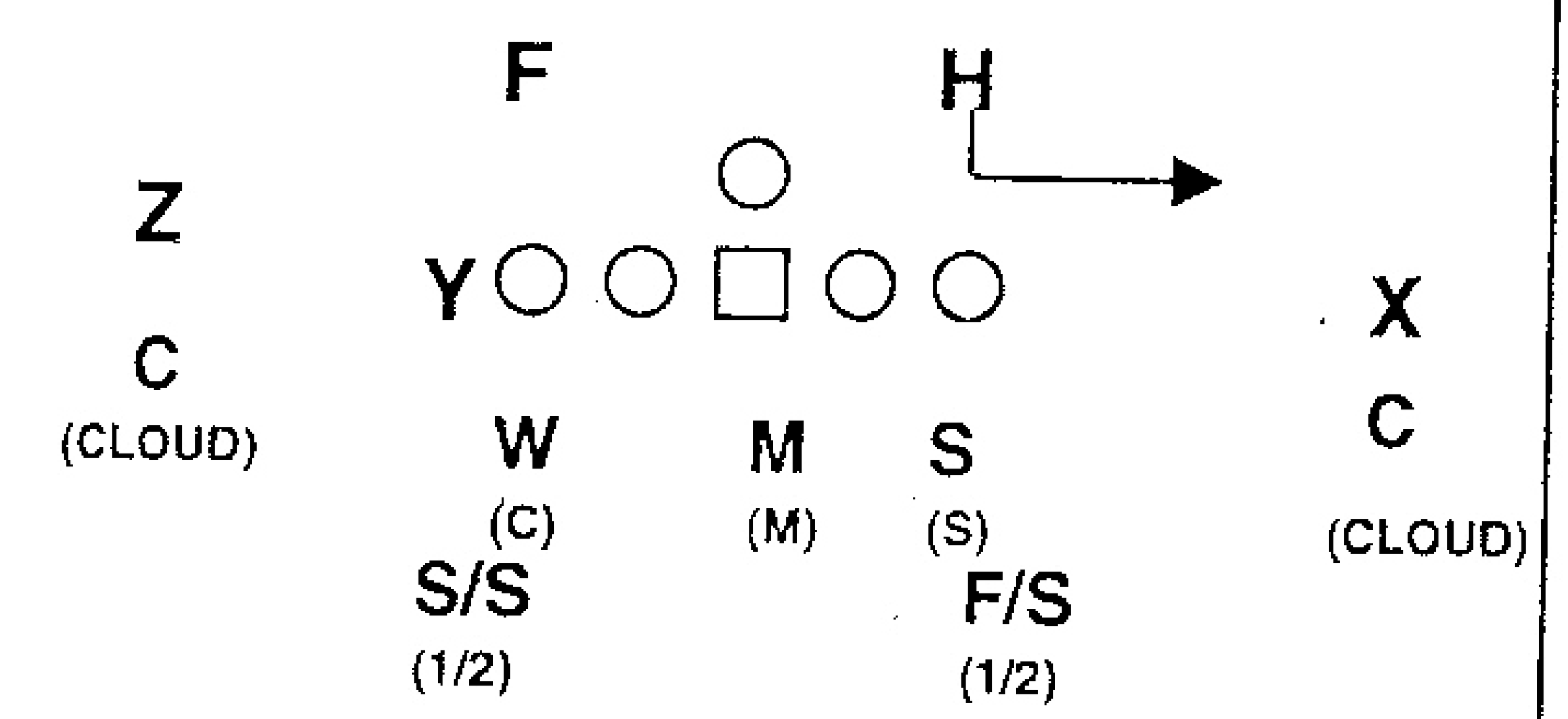


EMPTY 8

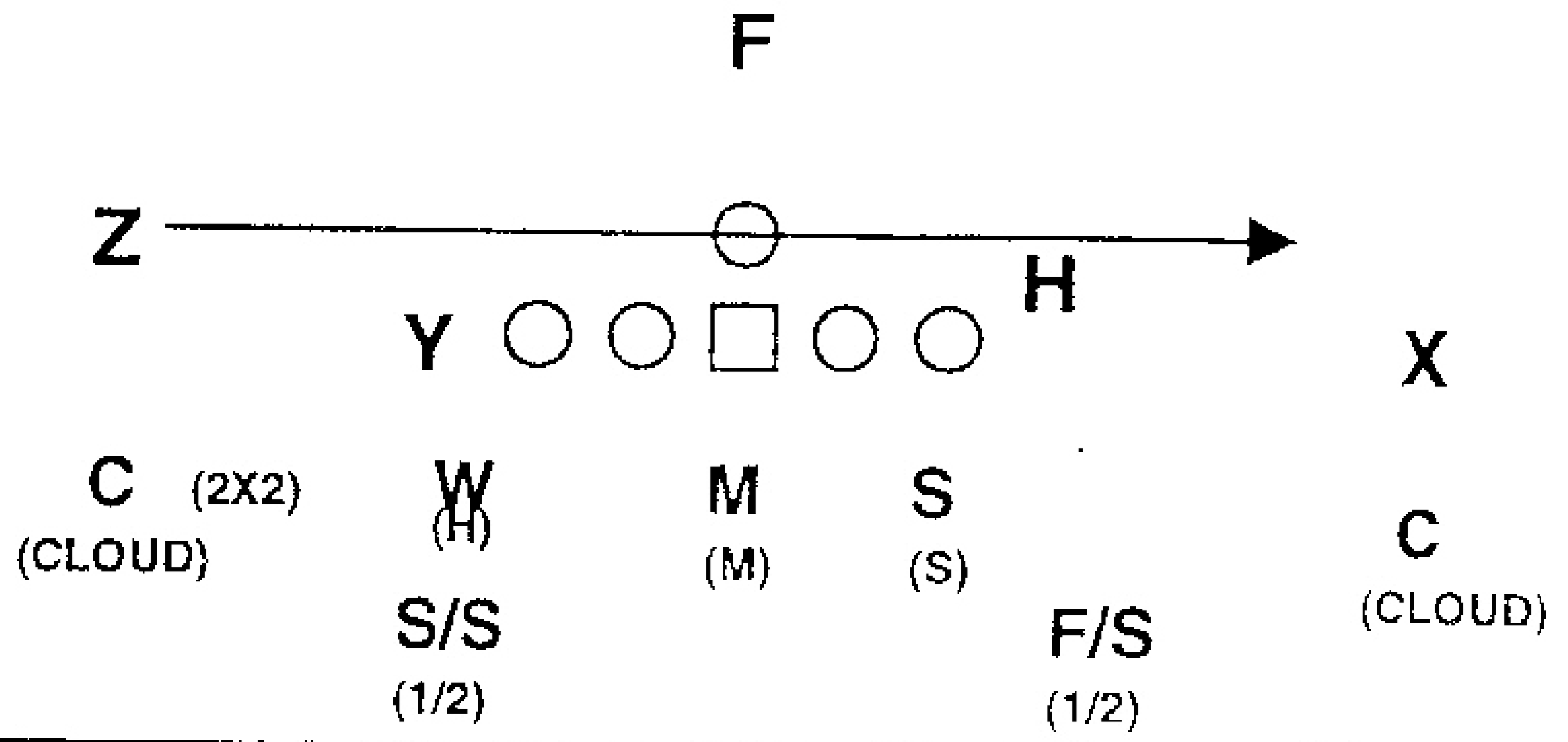


OVER 2

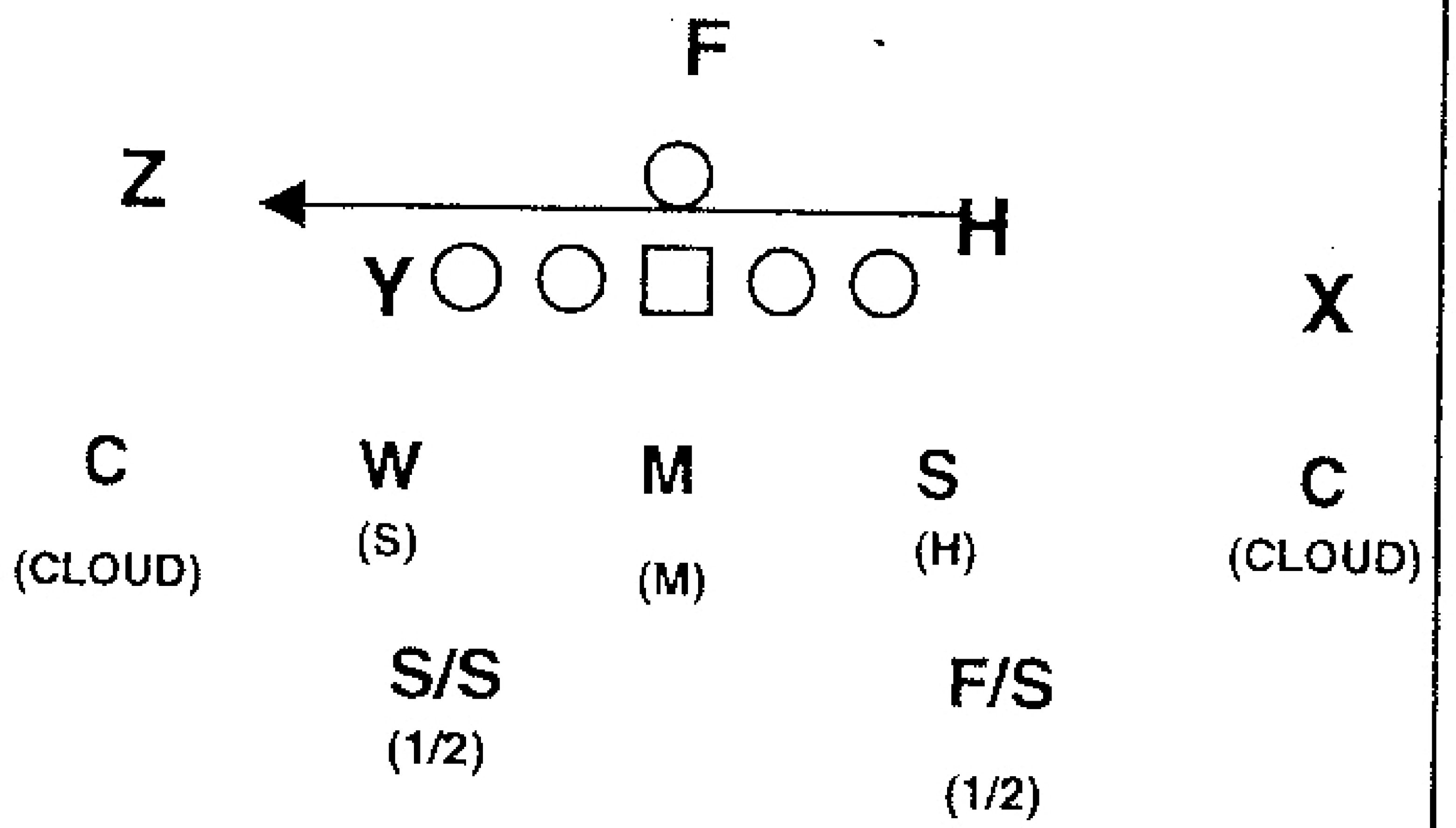
SPLIT H PEEL TO DOUBLE 1



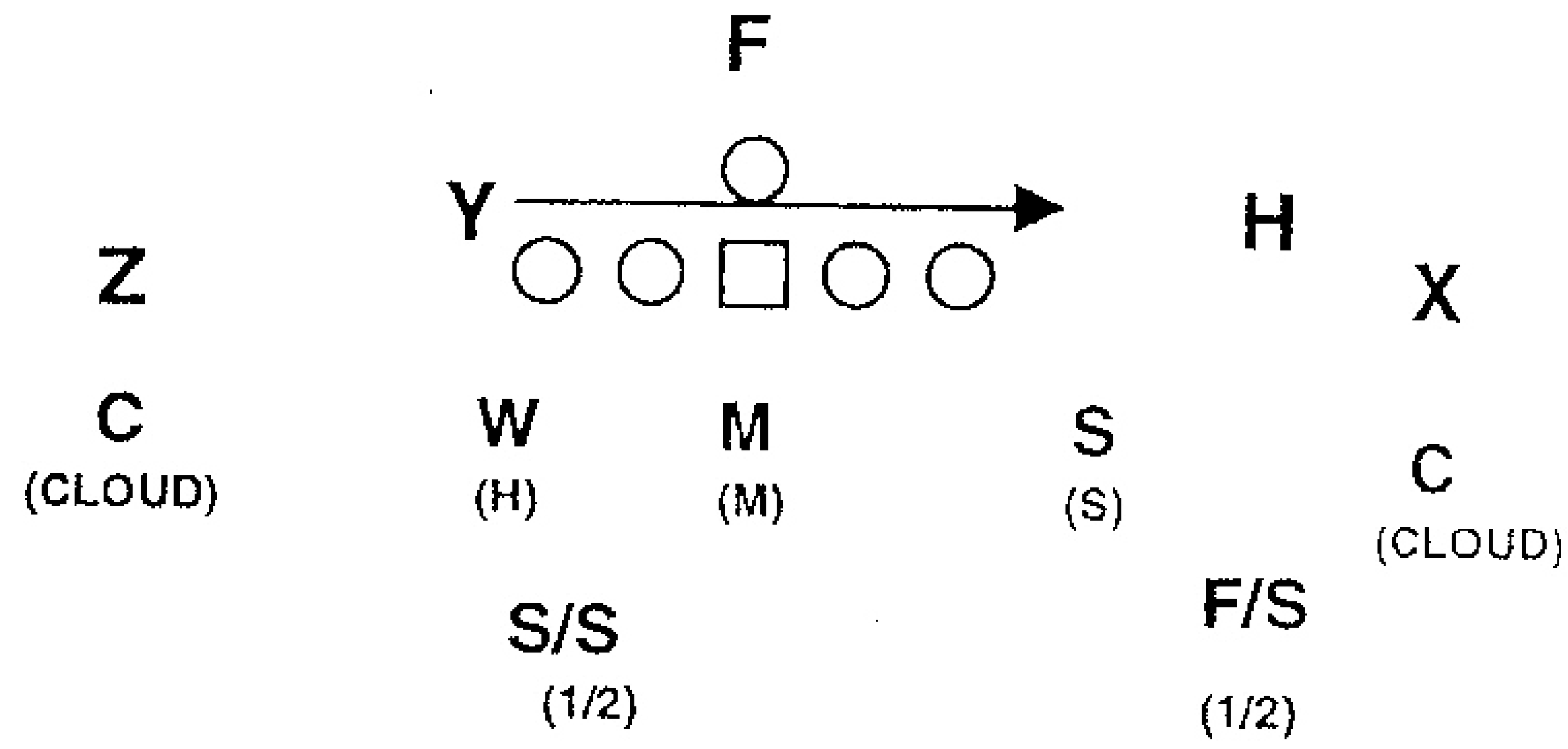
DOUBLE ZOOM TO TRIPLES 2



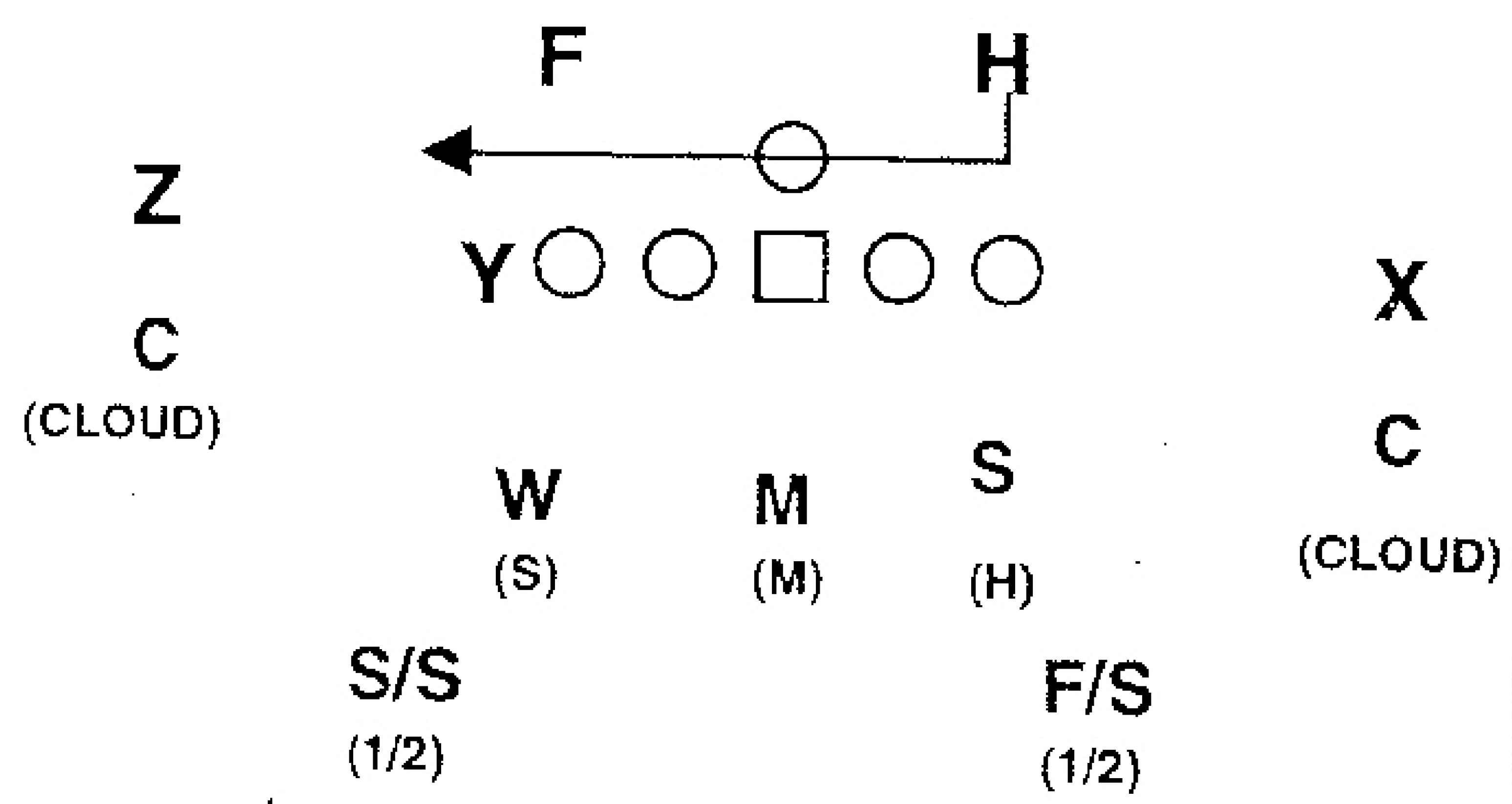
DOUBLE H FLY TO TRIPS 3



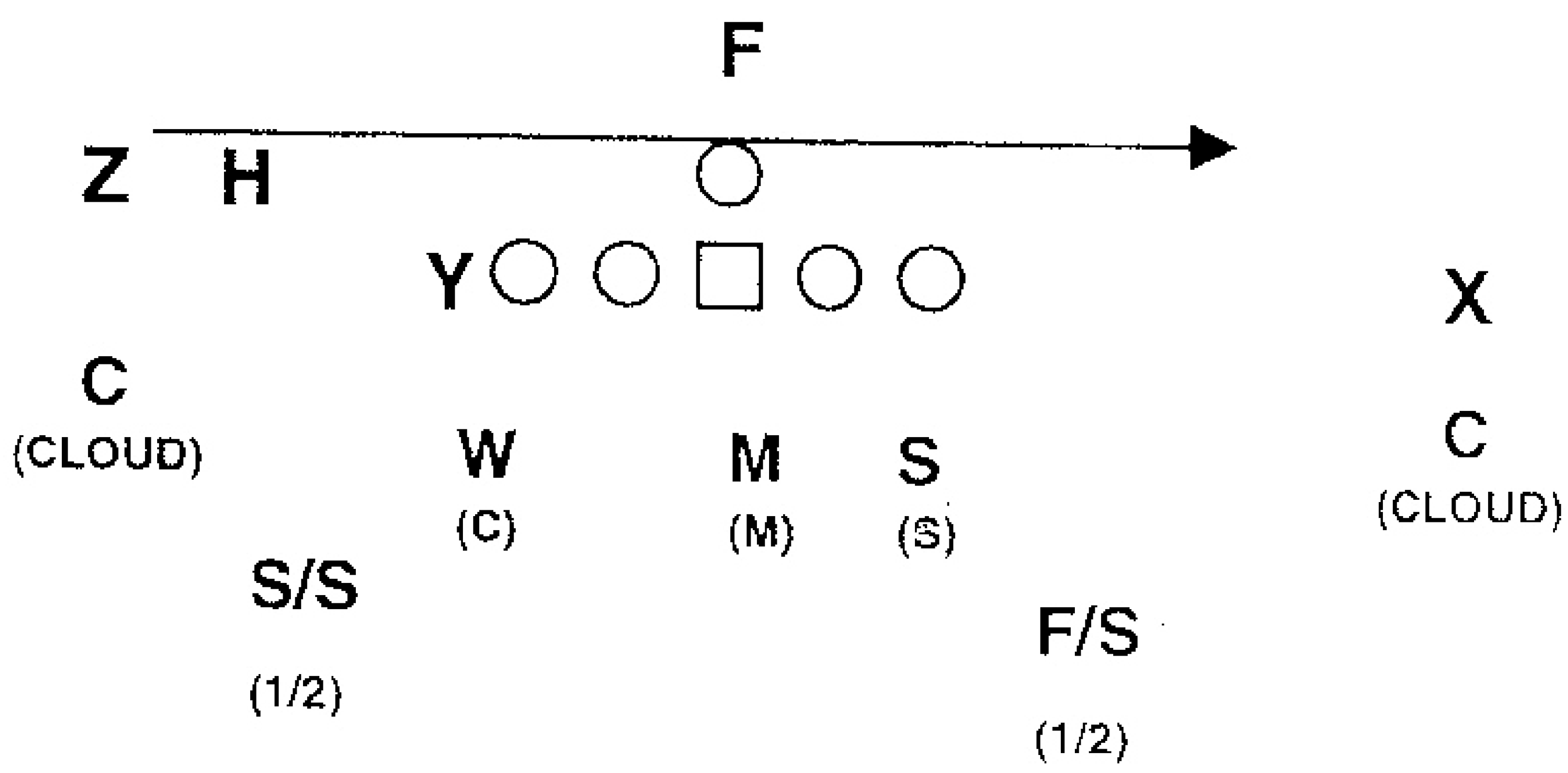
DOUBLE OUT YUKON TO TRIPLES 4



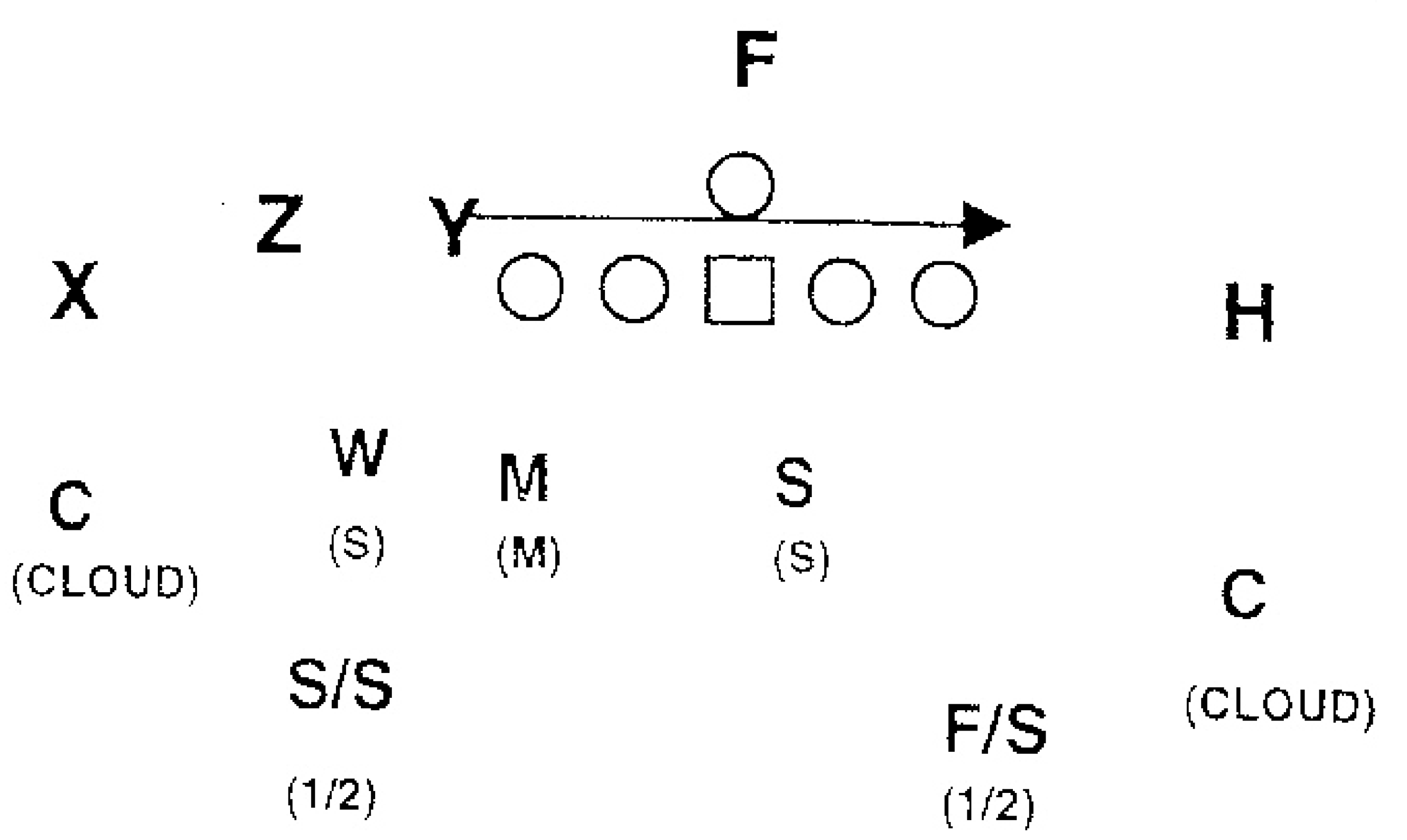
SPLIT H FLY TO TRIPS 5



TRIPS OUT PEEL TO DOUBLE OUT 6



TAMPA YUKON TO DETROIT 7



TRIPS OUT YUKON TO DOUBLE OUT 8

